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MAKING HIS MARK

ARTIST VIKTOR MITIC USES BULLETS TO CREATE RATHER THAN DESTROY, TURNING OUT PORTRAITS OF JFK, LENNON AND CHAVEZ, SEEN AT RIGHT PAGE 4

Depeche Mode running like a Machine

English band dabbles in the blues for its 13th studio release, Delta Machine PAGE 22

Buehrle's a believer in Blue Jays

Veteran pitcher says this year's edition of the team may be the best squad he's ever been on PAGE 37

China's first lady works her charms

Peng Liyuan, a celebrated singer, isn't content to stay in the shadows like her predecessors PAGE 8

Panda love-in set to grip Toronto

VIPs. Cuddly pair from China slated to receive the royal treatment at Pearson airport

Very important people? Meet very important pandas.

When Er Shun and Da Mao arrive at the FedEx hangar at Pearson airport on Monday, they will be greeted by a high school concert band and a glut of media and dignitaries, including Prime Minister Stephen Harper, his wife Laureen Harper and China's ambassador to Canada, Zhang Junsia.

The last time this much official fuss was made was when the decidedly less cuddly, but ultimately more homosapien Prince Charles and Camilla, Duchess of Cornwall, walked the tarmac. They were greeted by a respectably sized posse that included then-premier Dalton McGuinty, Lt.-Gov. David Onley, Mississauga Mayor Hazel McCallion and, of course, a young girl bearing flowers. Media snapped photos. Everything was so polite.

A complete guest list for the pandas' arrival had not been released as of Sunday evening. But based on the guest list released by the Prime Minister's Office, the pandas can at least expect a welcome similar in size to that which greeted U.S. President Barack Obama in June 2010, when he touched down at Pearson in Air Force One. On hand to welcome him were a troupe of Mounties, then-Transport and Infrastructure Minister John Baird and a group of American diplomats.

Er Shun and Da Mao were scheduled to take off from Chengdu, China, Sunday at 4:45 p.m., the only cargo in an MD11 FedEx jet, said company spokesperson Adrian Grundy. After an early-morning stop in Vancouver to refuel, the panda plane — featuring a giant panda face on its side — was scheduled to touch down at Pearson at 10:30 a.m.

TORSTAR NEWS SERVICE
WITH FILES FROM THE CANADIAN PRESS

MORE COVERAGE, PAGE 6

On-board accommodations

FedEx spokesperson Adrian Grundy said co-ordination of the panda shipment from Chengdu to Toronto took "more than 100 people," and that the animals would be kept in "specially designed enclosures" for the duration of their more than 11,700-km journey.

- The bears were also slated to have water, apples, some favourite toys, two attendants and a veterinarian with them every step of the way.
- They're the first giant pandas to visit Canada in 24 years.

Da Mao, one of the giant pandas coming to the Toronto Zoo.
FEDEX EXPRESS CANADA

The Panda Express stands ready to pick up the giant pandas, Er Shun and Da Mao, on Sunday. When they arrive at Pearson airport on Monday, they will be greeted by a swarm of media and dignitaries, including Prime Minister Stephen Harper. FEDEX EXPRESS CANADA/FACECBOOK.COM

Mortgage Matters p.18-19

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Mats Sundin

Stamping out childhood obesity

Former Leafs captain Mats Sundin will be answering questions on health issues and hockey taken from Twitter feeds as part of a promotion for the U of T's Fraser Mustard Institute of Human Development to stamp out childhood obesity.

Questions can be tweeted to @UofTNews and @UofTMedicine until March 25.

"Obesity robs kids of their chance at a happy, healthy life, and that's something that all children deserve," Sundin said.

TORSTAR NEWS SERVICE

Rashers

Work out, then pig out

Rashers restaurant's flyer
SUBMITTED

Sweat like a pig ... then eat one.

It might not be the most appealing slogan but it's being used by a Leslieville restaurant to flog a contest that rewards winners with a 30 per cent discount on a bacon sandwich.

The challenge: Cycle or run a route through the streets of Toronto in the shape of a pig.

The proof: A digital map of the achievement recorded on a smartphone exercise app.

TORSTAR NEWS SERVICE

A screen shot from a video that surfaced on YouTube of half-naked Ryerson students crawling through slush. METRO

Half-naked romp 'builds school spirit'

Ryerson. Engineering school tradition has drawn sharp criticism after a video of half-naked students crawling through slush surfaced on YouTube

Ryerson engineering students say school president Sheldon Levy is overreacting by likening an annual Ryerson Engineering Student Society (RESS) event to a form of hazing.

Levy has condemned the event as "completely unacceptable" and not representative of the "principles of civil society, and the positive and supportive culture of Ryerson."

The RESS says the "voluntary" event builds school spirit, helps engineering students bond, and even calling it an "initiation" is wrong.

Levy also said: "There is no excuse for the completely unacceptable activities" at the event. "Anyone who contends it is 'just fun' or 'builds community' has no place at Ryerson."

Every spring, engineering students who wish to become frosh week leaders in the coming fall can take part to earn their "covies," a pair of engineering coveralls worn during orientation week.

Half-naked leader hopefuls frolic around campus and "swim" through Lake Devo, a shallow man-made pond at the centre of campus, as past leaders egg them on. They leap-frog each other, join a conga line to Yonge and Dundas Square and collect signatures of support to be a leader. Last week, former leaders carrying squirt guns led hopefuls, many dressed only in underwear, through a slush-filled Lake Devo and ordered them to crawl. In the YouTube video, snowballs can be seen hitting the hopefuls, and one former leader slaps the behind of a female student on all-fours.

Levy said he will be meeting with RESS representatives Monday to discuss the event and any further action that may be taken.

Rose Ghamari, RESS president, said the event has been going on for at least seven years with no problems. Whether hopeful leaders participate or not, they still get their "covies" and a chance to be frosh week leaders, she said.

"It's an event to get them out of their comfort zone and show their engineering spirit," said Ghamari. "It was not intended to be hazing, that was not our intention."

Gabriel Wright, 19, a first-year chemical engineering student, was at the event last week and is upset how it's being portrayed. "It was not a hazing," he said. "It's completely optional and everyone there was smiling and having a good time. It was just a celebration."

TORSTAR NEWS SERVICE

Quoted

"(We're) not telling people to take off clothes. It's just how people show up, it's completely up to them."

RESS president Rose Ghamari

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Artist bullets a blue canvas

Name this painting: Viktor Mitic's bullet-riddled portrait of Hugo Chávez will be displayed at Peach Gallery in April, but it is still without a name. He has agreed to let Metro readers suggest names and he'll choose the best. Email your suggestions to jessica.smith@metronews.ca. JESSICA SMITH/METRO

The art of war. Toronto-based painter and sculptor wants to use guns to create rather than destroy

JESSICA SMITH
jessica.smith@metronews.ca

Standing in the snow in Caledon on Friday, artist Viktor Mitic loaded bullets into a magazine and said one day it won't be as easy as this to get his hands on his art supplies.

Holding a Ruger SR-22SC, he faced his portrait of Hugo Chávez. A quick succession of pops cut through the silence and bullet holes traced the lines of the recently deceased Venezuelan president's beret, jawline and eyes.

Over the course of the afternoon he shot off 400 to 500 rounds. He's shot about two million bullets into his art over the last five years. He shot .32 calibre bullets into a portrait of JFK; the same calibre of the bullets that killed him. Likewise, he shot .38s into his painting of John Lennon.

Even though Chávez didn't die by a gun, Mitic said he would have preferred to use a Kalashnikov on his image, if it were legal, because of the common history of the gun and the Venezuelan president.

Mitic leaves the interpretation of his controversial art to the public.

"It's not up to me to say what's right and what's wrong," he said in an exclusive interview with Metro. "I see what's going on and it's my reaction. It's my art. But my personal opinion is these weapons are not good at all, they should not be around. They're made for one thing — to kill."

Mitic, 43, was born in Yugoslavia and served a year in the army during peacetime, in 1988. "I endured pain and suffering and stink," he said. "Many stinky people in the same room."

Later, he studied art and art history at the University of Toronto and Sheridan College.

There are two stories about why he began using bullets and guns in his artwork. One involves his love of puns and a snooty art dealer.

"There was this guy who said my painting was not 'penetrating enough,'" said Mitic, "and so I went and shot it."

He drove to a shooting range in Buffalo with artist Kiat Lim Chew and the maligned painting of Christ and shot at it until they were kicked out of the range. "Bullets were flying everywhere. I didn't know what I was doing then."

Pun-loving Mitic dubbed the painting Hole Jesus and had it displayed at Toronto's St. James Cathedral without telling anyone what had made the holes.

The second story about how he came to shoot his art is about using a tool of destruction to create.

Open to interpretation

"It's not up to me to say what's right and what's wrong. I see what's going on and it's my reaction." Artist Viktor Mitic

"I've seen videos on YouTube of soldiers going into monasteries and churches, shooting up frescos, and I got the idea of using the weapon to get the feeling on canvas, the feeling of destruction," he said. "I want to see if it is possible to use the weapon to create something rather than destroy, to bring some positive energy out of it, if it's possible."

The type of bullet and the distance he shoots changes the effect. "Sometimes, I get very beautiful concentric circles of gun powder and melted metal around the penetration mark," he said.

On that cold day in Caledon, the effect was slightly different. The gunpowder didn't melt into the painting and the frozen paint flaked off around some of the bullet holes.

"It's cool," he said. "Literally cool."

Viktor Mitic shoots his portrait of recently deceased Venezuelan president Hugo Chávez on Friday at a private property in Caledon, Ont. The Peach Gallery will be showing Viktor Mitic's Bullet Proof collection from April 4 - 28 at 722 College St., 3rd Floor. JESSICA SMITH/METRO

Shooting gallery

Mitic's other work

One of Mitic's most powerful pieces is The Incident, a school bus he shot with about 6,000 bullets. The piece, unveiled at the 2012 Nuit Blanche, will soon be heading to Washington, D.C. for an art show against gun violence. Mitic will also be speaking about the subject at George Mason University.

Not all of Mitic's paintings use bullets. Another series, Rain Dance, was painted in the rain. He lets the pigments mix with rainwater and on some paintings he uses a blowtorch.

A few years ago, Mitic's one-year-old son tried his hand at painting. Wielding brushes bigger than himself and walking and riding his tricycle over the canvas, he knew no "rules," he said. Mitic took the paintings to a Toronto gallery and signed a contract for a show before telling them who actually painted the artwork.

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Getting newcomer-panda pair in the mood for love a challenge

Making the sparks fly. Everything must be right if breeding panda pair is to succeed

It hinges on the first date.

It will likely be next spring, somewhere between March and May, after giant pandas Er Shun and Da Mao spend a year at the Toronto Zoo, wooing crowds, while their every move — and hormone — is monitored.

When their behaviour and bodily chemicals indicate the time is right — there is only a 48- to 72-hour window once a year during which a female panda can get pregnant — the two will be put together.

Hopefully, they'll take it from there. But don't bet on it.

Dr. Gabriela Mastromonaco, the zoo's curator of reproductive programs and research, said much depends on their first reactions.

"They need to get along, they need to be compatible, where (the male is) doing some courtship moves and looking like he's interested," said Mastromonaco.

Sometimes, he's just not. Other times, they do some flirting but don't quite figure it out. Or, "We might be surprised and they breed and it's all great and we're one of the lucky ones," said Mastromonaco. "That's what I've got my fingers crossed for."

Pandas are difficult to breed in captivity. Not only is there a tiny window of opportunity, but they're highly selective in mate choice — biologically, pandas aren't terribly amorous; they spend much of their time alone.

Mastromonaco said the zoo will give the natural way of conceiving a chance. If that's not happening, the bears will be anesthetized and an artificial insemination done, a simple process that takes about an hour.

This will be the first time a Canadian zoo has attempted to breed pandas.

Quoted

"The biggest stress to giant pandas to survive is increasing human activity in the past 50 or 60 years. Their natural habitat got destroyed, degraded and deforested. The population was fragmented."

Li Zhang, Conservation International's program director in China

Giant pandas first came to Toronto in 1985 in a short visit that saw a million people flock to the Metro Toronto Zoo. Qing Qing and Quan Quan are pictured here. TORSTAR NEWS SERVICE

"We'll be watching everybody else," said Mastromonaco. "We hope we have immediate success but it will definitely be a huge learning curve for us."

China is working on breeding pandas in captivity and releasing them into the wild, where there's only an estimated 1,600 left. But a major challenge in captive breeding is that animals simply don't know the ropes. To teach them, some breeding centres are showing pandas "breeding videos" of other pandas, well, breeding.

But for now, no plans to try videos at the Toronto Zoo, said Mastromonaco.

TORSTAR NEWS SERVICE

Tough animals

Learning to survive

Panda cubs are born the size of a stick of butter, weighing around 100 grams. They stay with their mothers for at least two-and-a-half years.

"They come as quite the package, they're testing all our science," said Dr. Gabriela Mastromonaco, the zoo's curator of reproductive programs and research.

"They seem to have all the rarities rolled into one."

While some might argue the panda should just die out, so finicky are its ways, Li Zhang, Conservation International's program director in China, said pandas adapted well to a changing environment. They live on bamboo when they're designed for meat and they survive in harsh mountain temperatures after human settlement drove them from China's lush valleys.

TORSTAR NEWS SERVICE

Time running out to get Chinese-medicine licence

Acupuncturist and nutritionist Melissa Ramos, who runs Sexy Food Therapy on Danforth Avenue, says the process is too rushed.

TORSTAR NEWS SERVICE

The clock is ticking for traditional Chinese medicine practitioners and acupuncturists to continue practicing in Ontario: On April 1 a new licensing regulation kicks in.

Although most knew the College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario — a self-regulating body similar to the College of Physicians and Surgeons — would be established this spring, they say they only learned of the exact implementation date in late February.

Registration began that month, leaving practitioners scrambling to get police checks, transcripts and other documents in time to avoid disruption to their practice and patient care.

"I'm all for regulations, but the problem is it's such a rushed process. If you don't get a registration number by April 1 and are caught practising, you will be fined $25,000," said acupuncturist and nutritionist Melissa Ramos, who runs Sexy Food Therapy on Danforth Avenue.

"We have to take the jurisprudence and safety tests. A lot of people are not able to take them because the room is packed and they couldn't get in."

Hong Zhao, who has a postgraduate degree from the Yunnan College of Traditional Chinese Medicine in China and has practised in Toronto since 1996, took her jurisprudence test in November and was scheduled to take the safety exam last Saturday.

She fears having to cancel her April appointments, and hopes the college will allow practitioners a grace period while their applications are in process. "I don't know how long I have to wait for the registration," said Zhao, who runs a clinic near Yonge Street and Eglinton Avenue.

The college said it had publicly announced — through emails to individuals, industry associations and stakeholders, and through its website and information sessions — that it will take three to six weeks to review applications.

TORSTAR NEWS SERVICE

Quoted

"I'm all for regulations, but the problem is it's such a rushed process. If you don't get a registration number by April 1 and are caught practising, you will be fined $25,000."

Acupuncturist and nutritionist Melissa Ramos

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1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave., Unit 104
3151 Yonge St.
808 York Mills Rd., Unit 15-17
2400 Eglinton Ave. W
2900 Warden Ave.
130 King St. W., Unit CW15
3401 Dufferin St., Unit 108
1 Yorkdale Rd., Unit 180
1 Dundas St. W, Unit 2010
220 Yonge St., Unit H014
112-10 Dundas St. E
2901 Bayview Ave., Unit 128A
329 Parliament St.
200 Bay St., Unit UC – 132B
2248 Bloor St. W
330 Bay St.
4980 Yonge St.
1080 Yonge St.
1 Blue Jays Way, Suite 1200
UXBRIDGE
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China's new first lady ends line of recluses

Peng Liyuan. Singer and WHO ambassador makes media splash while on trip to Russia

An internationally popular first lady like Peng Liyuan could help soften China's sometimes abrasive international image. IVAN SEKRETAREV/THE ASSOCIATED PRESS FILE

New first lady Peng Liyuan has emerged as Chinese diplomacy's latest star, charming audiences and cutting a very different profile from her all-but-invisible predecessors on her debut official visit to Russia.

A celebrated performer on state TV, Peng featured prominently in Sunday's Chinese media coverage of husband and president Xi Jinping's activities in Moscow. The visit is Xi's first since he assumed the presidency earlier this month.

Peng watched song and dance routines at a performing arts school on Saturday but did not join in as some media reports had suggested she might. Xi's trip continues this week with stops in Tanzania, South Africa and Congo, during which Peng is expected to hold other public events.

Peng, 50, largely retired from public life after Xi was made China's leader-in-waiting in 2007, but in recent years has won new acclaim as an ambassador for the World Health Organization. She has done work on tuberculosis and HIV/AIDS, diseases that still carry considerable stigma in China.

She holds the largely honourary rank of major general in the People's Liberation Army and is best known for her renditions of patriotic odes, often while wearing full dress uniform.

Peng's emerging high profile appears to be an extension of Xi's own confidence as he consolidates his control on power and presses a more assertive role for China in global affairs, said Steve Tsang, director of the China Policy Institute at Britain's University of Nottingham. Her training as a singer and stage performer offers the perfect preparation for such a role, he said.

THE ASSOCIATED PRESS

Analysis

Role of the first lady

In recent years, the wives of China's top officials have gone almost unseen at home and attracted little attention while accompanying their husbands abroad.

That was in part a negative reaction to Mao Zedong's wife, Jiang Qing, who was despised and later imprisoned for her role as leader of the Gang of Four, which persecuted political opponents during the 1966-76 Cultural Revolution.

Women in general wield little power at the top of the Chinese power structure; only two sit on the ruling Communist Party's 25-member decision-making Politburo. THE ASSOCIATED PRESS

Semantics. Definition of 'bullying' a tough choice for Canadian lawmakers

Provinces introducing laws to crack down on school bullies are struggling to decide where to draw the line between chronic abuse and a one-time insult.

There are also questions, as in Manitoba, as to whether legislation will have any effect. That province's proposed law does not require principals to hand down specific penalties or even report bullying to parents.

The definition under a bill now before the Manitoba legislature is so general, it could make bullies out of any student, argues Kelvin Goertzen, education critic for the Opposition Progressive Conservatives.

The province's education minister said the wording is broad partly so that school principals and others could use their own judgement to address individual incidents.

THE CANADIAN PRESS

Provincial definitions

- **Ontario.** Causing or intending to cause physical or emotional harm, damaging another's property or creating hostility.
- **Manitoba.** Behaviour that "should be known to cause fear, intimidation, humiliation, distress or other forms of harm to another person's body, feelings, self-esteem, reputation or property."

Environmentalism

Earth Hour 2013: Canadian review

Canadians joined millions around the globe to mark Earth Hour on Saturday.

The agency that coordinates Ontario's electricity said there was a 2.7 per cent drop in demand in the province — more than the average peak energy needs of a city the size of Burlington. THE CANADIAN PRESS

Liberal leadership race. Trudeau totally eclipses rival fundraising efforts

Justin Trudeau has pulled in $1.3 million so far in the Liberal leadership contest, burnishing his credentials as a political money magnet.

His haul is more than double what the other five contenders have raised combined and triple what Tom Mulcair raised during the whole of his successful bid for the NDP leadership last year. THE CANADIAN PRESS

Justin Trudeau THE CANADIAN PRESS

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No foul play found in unexplained death of Russian tycoon: Cops

Autopsy pending. Boris Berezovsky fell out with Putin and fled to avoid fraud charges he said were politically motivated

British police said Sunday they have no evidence to suggest third-party involvement in the death of Boris Berezovsky, the self-exiled Russian tycoon who went from Kremlin kingmaker to fiery critic.

With an investigation underway, police are treating the death of Berezovsky — who fled to Britain in the early 2000s after a bitter falling-out with Russian President Vladimir Putin — as unexplained. But the former oligarch survived assassination attempts and recently

Boris Berezovsky GETTY IMAGES FILE

faced financial difficulties, prompting speculation as to whether his death was part of a conspiracy — or suicide.

Police said Sunday it would be wrong to speculate on how Berezovsky died pending the results of an autopsy.

"We are at the early stages of the investigation and we are retaining an open mind as we progress," said Detective Chief Inspector Kevin Brown.

Police released some details on the circumstances that triggered their investigation into his demise and a check for hazardous materials at the property in Ascot, a town 40 kilometres west of London where Berezovsky's body was found on Saturday. They said an employee of Berezovsky told how he had called an ambulance after becoming concerned for Berezovsky's welfare and forced open a locked bathroom door to find the tycoon's body on the floor.

After a paramedic declared Berezovsky dead and left the scene, a device measuring his exposure to radiation was triggered, which is why chemical and radiations experts were called to examine the property. THE ASSOCIATED PRESS

Baby it's (still) cold outside

The cold weather on the first weekend of spring didn't stop people from getting out on their bikes or roller blades, or taking their pets for a walk — like this man seen on Parliament Street on Sunday. Torontonians can expect a high of 5 C on Monday, with lows dropping back down to 0 C.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Jamaican coast

Illegal Haitian migrants stopped

Jamaican police say that 33 illegal migrants from Haiti have been intercepted off the island's northeast coast. Fishermen alerted authorities after spotting a rickety boat carrying 20 men, four women and nine children. Authorities say they were trying to get to the U.S. THE ASSOCIATED PRESS

Mayoral elections

Macedonians avoid poll violence

Macedonians voted peacefully in local elections Sunday, boosting hopes the country is turning a page and won't repeat the political and ethnic violence that has marred past voting cycles. Turnout by 5 p.m. Sunday was 57.5 per cent.

The Balkan country hopes that free, transparent and peaceful elections will help it strengthen its case for EU membership. THE ASSOCIATED PRESS

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Warning: Graphic details.
Couple who tortured man ask for reduced sentences

An Ontario couple who held a developmentally disabled man captive and tortured him while draining his bank account to buy drugs and video-game equipment is asking for lighter sentences.

Dakota Thompson and Stanley Brown were part of a group convicted of aggravated assault and forcible confinement for inflicting horrific injuries on a 23-year-old disabled man over more than two weeks in 2009.

The victim went to the Hamilton apartment where three people in the group lived, thinking they were going to help him look for a missing cellphone.

Instead, the group of people — Thompson, Brown, their roommate and a youth — confined him there for 17 days, burned him with a hair straightener, made him eat feces and drink urine, beat him and poured cayenne pepper into the bath when he tried to wash his wounds.

Brown was sentenced to 13 years and Thompson was sentenced to 10 years.

THE CANADIAN PRESS

Icelanders in Florida

Skydivers killed in weekend jumps

Two skydivers from Iceland who died during weekend jumps at a Florida camp did not deploy their main parachutes, the co-owner of the facility said Sunday.

Deputies found the bodies of a skydiving instructor and a student Saturday after the two didn't return from a jump with a group, setting off an hours-long air and ground search around the facility. Pasco County sheriff's authorities identified the victims as 41-year-old Orvar Arnarson and 25-year-old Andrimar Pordarson.

THE ASSOCIATED PRESS

Mother says she's sure teen suspect killed her baby

Sherry West describes on Friday the events of the day before, when her baby son was fatally shot and she was wounded in Brunswick, Ga. West's 18-year-old son was stabbed to death in New Jersey in 2008. Prosecutors said the stabbing was in self-defence. BOBBY HAVEN/THE BRUNSWICK NEWS/THE ASSOCIATED PRESS

Conflicting stories.
Police lay charges on 17-year-old, but alleged killer's aunt claims alibi

The mother of a baby shot dead in his stroller in Brunswick, Ga., took one look at a teenage suspect's jailhouse mugshot Saturday and said he was definitely the killer. Yet an aunt of the teen said he was eating breakfast with her when the slaying took place.

Despite the conflicting stories, police have charged 17-year-old De'Marquise Elkins with murder, along with a 14-year-old suspect whose name has been withheld because he's a juvenile.

Brunswick police spokesman Todd Rhodes said even though Elkins' aunt provided an alibi, authorities have good reason to bring the charges.

"That's what she's saying, but the evidence we're looking at says something else," Rhodes said, though he would not elaborate.

Sherry West said she was pushing 13-month-old Antonio Santiago in his stroller as she walked home from the post office Thursday morning. She said a teenager, with a younger boy behind him, approached and asked her for money. West said when she told him she had no money the teen drew a gun and said: "Do you want me to kill your baby?"

The gunman opened fire and West was shot in the leg, while another bullet grazed her left ear, she said. She watched helplessly as the gunman shot her son in the face, she said.

THE ASSOCIATED PRESS

Hoping for justice

"My baby will never be back again.... He took an innocent life. I want his life, too."

Sherry West, whose baby was killed Thursday

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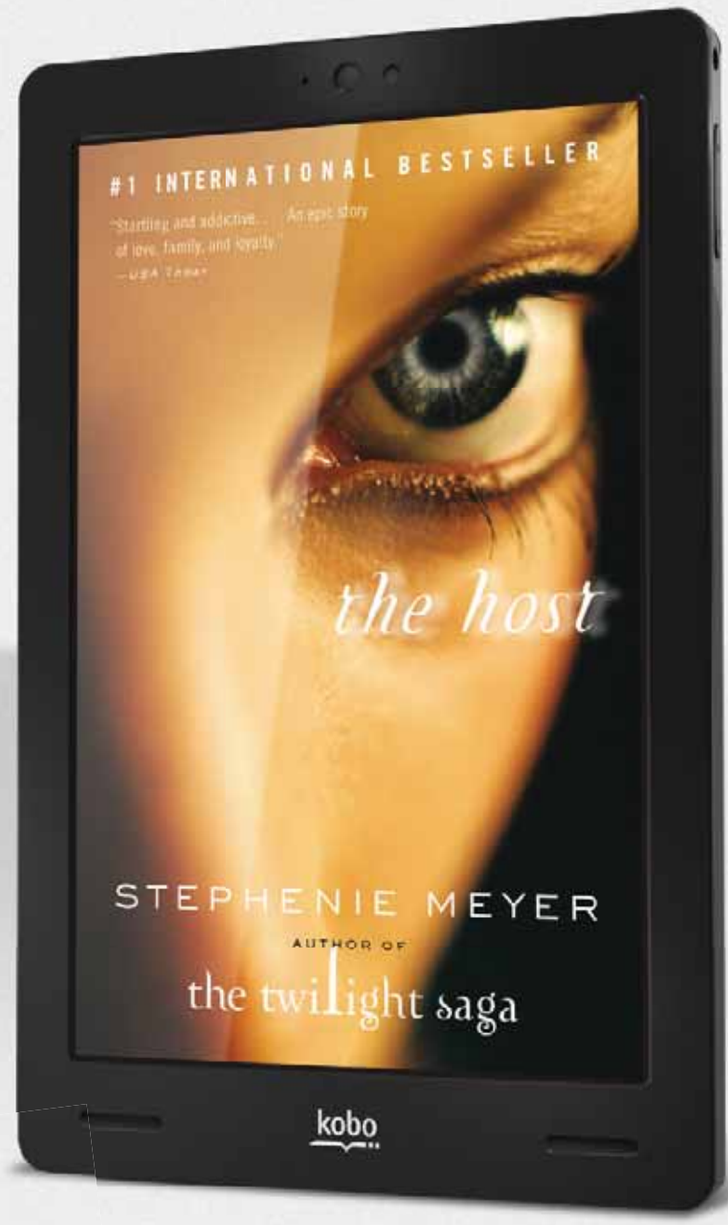

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Anne Frank's symbol of hope taking root in U.S.

Plantings. Saplings come from chestnut tree that's referenced several times in girl's famous accounts

In this March 18 photo, a replica of one of Anne Frank's diaries is displayed at the Indianapolis Children's Museum in Indianapolis. A sapling grown from seeds taken from the massive chestnut tree that stood outside the home in which Frank and her family hid will be planted in the museum's Peace Park. MICHAEL CONROY/THE ASSOCIATED PRESS

Saplings from the chestnut tree that stood as a symbol of hope for Anne Frank as she hid from the Nazis for two years in Amsterdam are being distributed to 11 locations in the United States as part of a project that aims to preserve her legacy and promote tolerance.

The tree, one of the Jewish teenager's only connections to nature while she hid with her family in a Secret Annex in her father's company building, was diseased and rotted through the trunk when wind and heavy rain toppled it in August 2010. But saplings grown from its seeds will be planted starting in April, when the Children's Museum of Indianapolis will put the first one in the ground.

The 11 U.S. locations, which also include a park memorializing victims of the 9-11 terrorist attack in New York City, were chosen by the Anne Frank Center USA from 34 applicants. THE ASSOCIATED PRESS

Gay-marriage foes rally ahead of French vote

Anti-gay-marriage protesters demonstrate in Paris on Sunday, with the placard on the right reading: Zero Mother, it's Depressive. Thousands of French conservatives, families and activists have converged on the capital to try to stop the country from allowing same-sex couples to marry and adopt children. The lower house of France's parliament approved the "marriage for everyone" bill last month with a large majority, and it's facing a vote in the senate next month. Both houses are dominated by President Francois Hollande's Socialist Party and its allies. MICHEL EULER/THE ASSOCIATED PRESS

Innisfil

Son, then mother charged with drunk driving

Police say a mom who came to pick up her son after he was arrested on suspicion of drunk driving in Innisfil found herself charged with the same offence Sunday. THE CANADIAN PRESS

Halifax

Girl accused of damaging police vehicles

Police in Halifax say a teenage girl is facing charges of property damage after allegedly banging up two cop cruisers outside of an out-of-control party on Saturday. THE CANADIAN PRESS

Vancouver

NDP campaign goes to the dogs

B.C. NDP candidate Matt Toner has produced custom NDP-orange dog jackets with his name on them to turn pups into walking lawn signs and connect with voters in his Vancouver riding. LIAM BRITTEN/FOR METRO IN VANCOUVER

Blessing of the palms

A nun prays as Pope Francis delivers his blessing to the palms and to the faithful gathered in St. Peter's Square during Palm Sunday Mass in Vatican City. Pope Francis led his first mass of Holy Week as pontiff by celebrating Palm Sunday in front of thousands of faithful and clergy. The Pope's first Holy Week will also incorporate him washing the feet of prisoners in a youth detention centre in Rome on Thursday.

DAN KITWOOD/GETTY IMAGES

Guns in pews? North Dakota pastors push for gun-friendly petition

Some pastors in the heart of North Dakota's oil patch say they should be able to decide whether they can carry guns in church.

A group from Williston, N.D., plans to submit a petition — signed by several pastors — this week to city commissioners that would give churches the option of allowing concealed weapons.

The Rev. Will Page, associate professor of Cornerstone Baptist Church, tells The Forum newspaper he's worried that people with evil intentions may target churches because they know members of the congregation are not armed.

"The whole idea of a gun-free zone is inherently dangerous," said Page, who moved to Williston from Mobile, Ala., in August.

The Rev. Mark Britton of Faith United Methodist Church says the petition asks that the decision to allow guns be left up to church leadership, not the government.

"Sometimes pastors have to stand up for church rights," Britton said.

THE ASSOCIATED PRESS

Ellis Island

U.S. museum hit hard by Sandy to stay closed this year

The Ellis Island Immigration Museum in New York City, which sustained severe damage to its infrastructure from the surging waters of Superstorm Sandy, is not expected to re-open to the public this year, the U.S. National Park Service said.

The Oct. 29 storm brought water levels as high as 2.4 metres to Ellis Island, adjacent to the home of the Statue of Liberty, destroying boilers and electrical systems. THE ASSOCIATED PRESS

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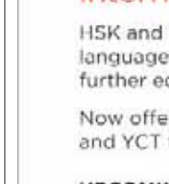
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UN envoy to Myanmar visits city hit hard by Buddhist-Muslim violence

Grisly sight. Little appeared to be left of some neighbourhoods, where legs of victims could be seen poking out from smouldering debris and ash

The top UN envoy to Myanmar on Sunday toured a central city wracked by the country's worst Buddhist-Muslim violence this year, calling on the government to punish those responsible for a tragedy that left dozens of corpses piled in the streets, some of them charred beyond recognition.

Vijay Nambiar, the UN secretary-general's special adviser on Myanmar, also visited some of the nearly 10,000 people driven from their homes after sectarian unrest shook the city of Meikhtila for several days this week. Most of the displaced are minority Muslims, who appeared to have suffered the brunt of the violence as armed Buddhist mobs roamed the city.

Nambiar said he was encouraged to learn that some individuals in both communities had bravely helped each other and that religious leaders were now advocating peace. He said the people he spoke to believe the violence "was the work of outsiders," but he gave no details.

THE ASSOCIATED PRESS

Myanmar soldiers pick up debris from destroyed buildings in Meikhtila, about 550 kilometres north of Yangon, Myanmar, on Sunday following ethnic unrest between Buddhists and Muslims. THE ASSOCIATED PRESS

Burst of unrest

Challenging times

The bloodshed marked the first sectarian unrest to spread into Myanmar's heartland since two similar episodes rocked western Rakhine state last year. It is the latest challenge to efforts to reform the Southeast Asian country after the long-ruling military ceded power two years ago to a civilian government.

The bloodshed has raised questions about the government's failure to rein in anti-Muslim sentiment in a predominantly Buddhist country where even monks staged anti-Muslim rallies.

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Former Pakistan president Pervez Musharraf arrives at Pakistan's Karachi airport Sunday, ending more than four years in self-exile as he seeks a possible political comeback. SHAKIL ADIL/THE ASSOCIATED PRESS

Musharraf returns from exile to lukewarm welcome

Welcoming party. Less than 2,000 at airport, compared with the hundreds of thousands when Benazir Bhutto returned in 2007

Former Pakistan president Pervez Musharraf returned home Sunday hoping to make a political comeback despite Taliban death threats and looming arrest warrants. But judging by the lacklustre crowd at the airport to greet him, his biggest challenge could be his waning popularity.

After years on the margins of Pakistani politics, Musharraf is seeking to rebuild his image, hoping to capitalize on an electorate frustrated with five years of rising inflation, rolling blackouts and security problems.

His return to Pakistan was made easier when a court in Sindh province where Karachi is located granted him preemptive bail, which essentially meant he could not be arrested immediately upon landing. But he must appear before a court within 10 days.

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Should you consider the HBP?

Think you have found the solution to your down payment woes?

The Home Buyer's Plan (HBP) allows you and your partner to withdraw up to $25,000 each from your RRSPs as your down payment. Once you are settled into your new place, you will have 15 years to pay it back.

But before you rush out and sign the withdrawal papers, weigh the consequences.

First, when you take money out of your RRSP you lose the power of compounded interest and reinvested returns on those funds. Money grows exponentially over time and when you reduce the money in your RRSP account, you earn less interest and sacrifice potential returns.

If, for example, you withdraw $10,000 at age 30 through the HBP, that sum of money compounded at seven per cent for 25 years adds up to a little less than $55,000 (before tax). So you would miss out on nearly $45,000 in compounded interest and reinvested returns by withdrawing early.

Second, when you repay one-fifteenth of those borrowed funds each year, you don't get any tax writeoffs on those repayments because they aren't considered RRSP contributions — it's not new money.

Third, if you can't repay the minimum amount, you will be taxed on the difference between what you still owe and what you paid.

The primary benefits of the HBR are: First, it promotes home ownership, which is a valuable investment and can allow you immediate access to the real estate market. Second, repayments don't impact your annual RRSP deduction limit. Third, if you are flush with cash you can repay earlier.

Experts have differing opinions on the HBP. But the general consensus is that if you can afford not to use the plan, don't. The loss of compounded interest and reinvested returns on your RRSP will seriously impact your net worth goals. LESLEY SCORGIE

A small part of home financing

Mortgages. There are a number of elements to consider when securing a home loan

LESLEY SCORGIE
For Metro

Your monthly mortgage payment is just one small part of home financing. There are several other elements to consider.

The amortization period is how long it will take to pay off the total loan, which typically ranges from five to 25 years for insured mortgages through the Canada Mortgage and Housing Corporation (CMHC). The longer you take to pay off your loan, the lower the payments, but you will pay more in accumulated interest.

The term of the mortgage is how long it lasts. It typically ranges from six months to 10 years. When the term expires, you can renegotiate certain terms of the loan, transfer your loan to another institution, pay it off, or renew it for another term. The term is essentially the total amortization period broken into smaller chunks.

There are several elements to consider when thinking of home financing. GARY HOULDER/LIFESIZE/THINKSTOCK

The interest rate on a mortgage is the premium you pay to the lender for lending you money. Shop around for competitive rates and terms. Check out all the big bank websites as well as ratehub.ca, ratebot.ca, and canadamortgage.com.

A fixed interest rate means that the lender can't change the rate and your payment is set for the full term — great when rates are low.

A variable rate fluctuates with prime rate, and is typically lower than the current posted fixed rate allowing you to pay more principal. But the rates can fluctuate. This option is good when rates are high but declining.

Next, choose between an open or closed mortgage. Open mortgages cost more because you can, at any time throughout the term, pay any portion of the loan off without penalty and can negotiate almost any term of the mortgage at almost any time.

A closed mortgage means you are committed to the terms and conditions of the mortgage until your term is up.

Many lenders offer prepayment options — lump-sum payments of 10 or 20 per cent of the original amount each year, "double-up" payments, increased regular payments, or accelerated weekly or bi-weekly payments.

Hybrid mortgages

- There are two hybrid mortgages. A capped-rate mortgage takes advantage of a variable rate. If the rate increases to a certain level, the mortgage locks in for the remainder of the term (thus capping the rate). You pay a premium for this mortgage structure. A convertible mortgage allows for the existing terms to be converted to new terms (hopefully, more favourable) after a certain period of time.

Try to save as large a down payment as possible. COMSTOCK/THINKSTOCK

Rules. New guidelines in place for protection

As a result of the recent financial crises, high-risk, zero-down mortgages are history. This protects both the Canadian banking system and homebuyers by reducing the risk of loss.

Newly tightened mortgage lending rules now dictate that a minimum of a five per cent down payment is required to make a purchase. A down payment is simply calculated by taking a percentage of the cost of the home.

Today, to qualify for an uninsured mortgage, a borrower must have a 20 per cent down payment. But, for many people, saving 20 per cent is out of reach. Thankfully, through the Canada Mortgage and Housing Corporation (CMHC), buyers can secure an insured mortgage with a five per cent down payment.

CMHC charges a fee for the insurance and publishes a table of premiums, allowing borrowers to calculate the added costs. (If math freaks you out, use CMHC's premium calculator). On a $300,000 home, for example, a five per cent down payment translates into a $7,840 CMHC premium.

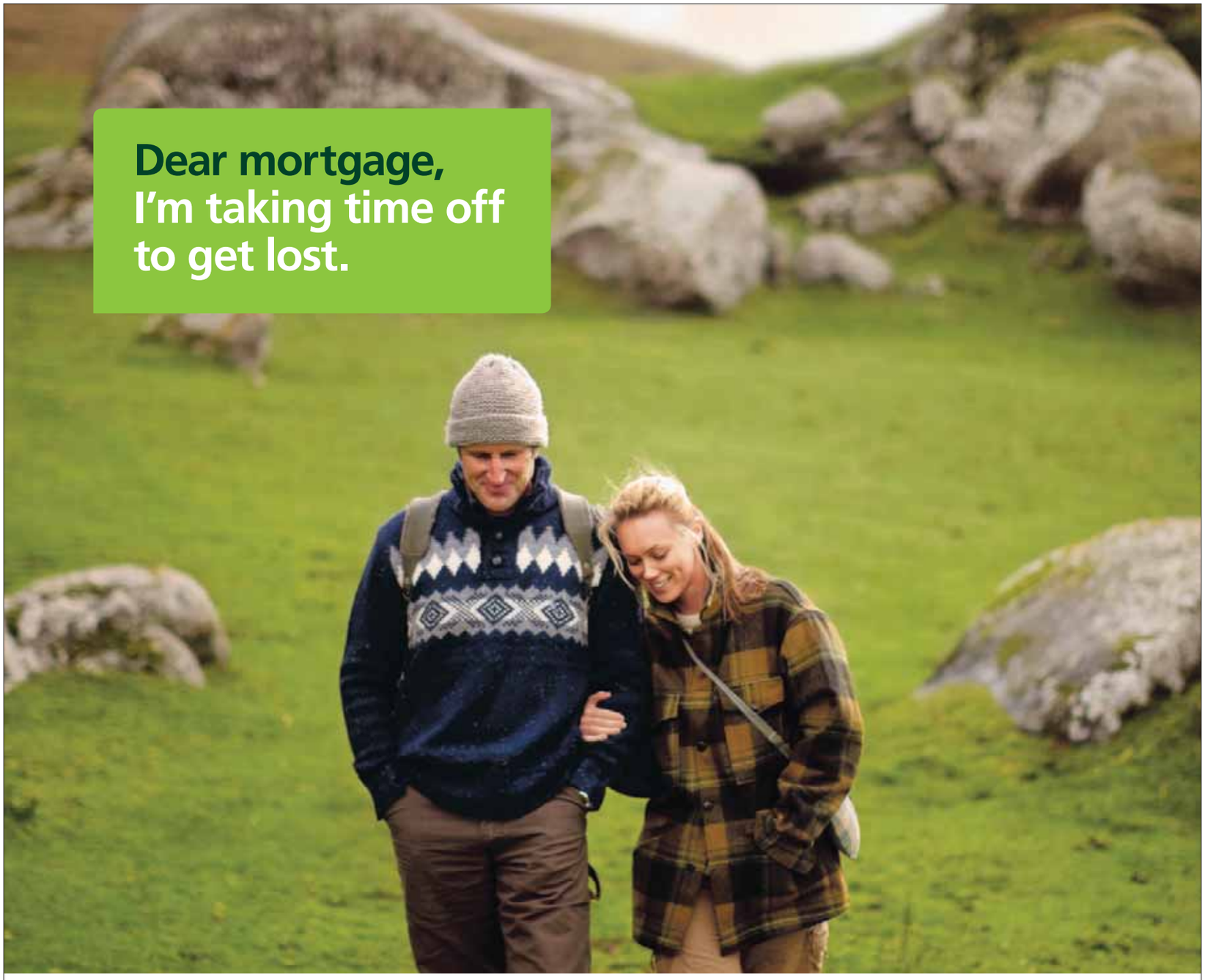
The more you put down, the less insurance you will pay, so try to save as large a down payment as possible. Note that, long term, CMHC fees are lower than the value gained through building equity in your home.

Rent-to-own options are home ownership solutions for individuals with poor or limited credit history who wouldn't otherwise qualify for a typical mortgage. Effectively, this is a lease combined with an exclusive option to purchase the home within a pre-specified period of time at a guaranteed purchase price.

At the beginning of the lease, a non-refundable initial option fee is paid by the buyer. As the buyer pays rent, they earn lease option credits that are put towards the purchase price of the home when the buyer decides to exercise the option to purchase the property. LESLEY SCORGIE

Renting to own

- Renting to own is great when a buyer wants to test out the house and neighbourhood, or if they need time to rebuild credit and save money. The drawbacks are that the rent paid is typically at a premium, the initial option deposit is non-refundable and bank financing isn't guaranteed at the end of the process.



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Cyprus, creditors reach tentative deal on bailout

A man holds up a souvenir Cypriot euro coin lapel pin with a piece taken out in Brussels on Sunday, as EU negotiations were underway to arrive at a deal to save the island nation from bankruptcy. VIRGINIA MAYO/THE ASSOCIATED PRESS

EU financial crisis.
Last-minute agreement will restructure country's second-largest bank and tax large bank deposits

Tense negotiations between Cyprus and its international creditors yielded a preliminary agreement early Monday that paves the way for the cash-strapped island nation to receive a $13.3-billion bailout, a diplomat said.

The agreement between Cyprus, the International Monetary Fund and the European Commission still needs approval by the 17-nation eurozone's finance ministers, who were also meeting in the same building in Brussels.

Without a deal by Monday night, the tiny Mediterranean island nation of about one million would face the prospect of bankruptcy, which could force it to abandon the euro currency and spur turmoil in the eurozone of 300 million people.

Under the last-ditch agreement, Cyprus' second-largest bank, Laiki, will be restructured and holders of bank deposits of more than 100,000 euros (about $132,900) will have to take losses. It was not immediately clear whether the holders of large deposits in the remaining Cypriot banks would also be forced to take losses.

The diplomat, who spoke on condition of anonymity pending the official announcement, did not elaborate on how much large deposit holders would lose. Making them take a hit is expected to net several billion dollars, thus reducing the amount of rescue loans the country needs.

To secure a rescue loan package, Nicosia had to find ways to raise $7.7 billion so it could qualify for the bailout. It resisted pressure by creditors to also unwind the country's largest lender, Bank of Cyprus.

THE ASSOCIATED PRESS

Smoking. Ex-surgeon general joins board of e-cigarette firm

Different versions of NJOY electronic cigarettes are shown. A former U.S. surgeon general who supported a ban on all tobacco products will join NJOY's board. THE ASSOCIATED PRESS

Former U.S. surgeon general Dr. Richard Carmona, who highlighted the dangers of secondhand smoke and supported a ban on all tobacco products, is joining the board of directors for NJOY Inc., the U.S.'s leading electronic cigarette company — a move that could bring increased legitimacy to e-cigarettes as a viable alternative to traditional cigarettes.

The country's senior public health official under President George W. Bush from 2002 to 2006 will advise the Arizona-based company on public health and regulatory issues. He'll also spearhead its research of the battery-powered devices that heat a liquid nicotine solution and create vapour that users inhale. The private company's flagship NJOY KING product is the top-selling e-cigarette.

In 2006, Carmona published a comprehensive report that concluded that breathing any amount of someone else's tobacco smoke harms nonsmokers and was instrumental in smoking bans around the country. And in testimony to a Congressional committee in 2003, Carmona was critical about the possibility of safer tobacco alternatives to smoking.

"Definitely there's an argument that can be made for harm reduction, but clearly more research needs to be done," Carmona said. "I'm probably going to be (the company's) biggest critic.... I still look at my job as being a doctor of the people and I'm going to look at the science.... If we can find a viable alternative that gave us harm reduction as people are withdrawing from nicotine, I'm happy to engage in that science and see if we can do that." THE ASSOCIATED PRESS

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20 years on, U.S. has made little headway hiring disabled workers

Whether it means opening school track meets to a deaf child or developing a new lunch menu with safe alternatives for students with food allergies, recent Obama administration decisions could significantly affect Americans with disabilities.

But there's been little progress in one of the most stubborn challenges: employing the disabled.

According to government labour data, of the 29 million working-age Americans with a disability, 5.2 million are employed. That's 18 per cent of the disabled population and is down from 20 per cent four years ago. The job numbers for the disabled haven't budged much since the passage of the Americans with Disabilities Act of 1990, which gave millions of disabled people civil rights protections and guaranteed equal opportunity in employment, public accommodations, government services and more.

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Clarification

For BK's turkey burgers, head south of border

Burger King is rolling out turkey burgers for the first time this week, but the new sandwich will only be available in the U.S., and for a limited time.

A previous story in Metro did not specify where the product would be sold.

Recent additions to Burger King's menu in Canada include a barbecue pulled-pork sandwich, sweet potato fries and a chipotle lineup that includes a Chipotle Whopper. METRO

10TH ANNUAL BEST NEW PRODUCT AWARD WINNERS

Canadian Living metro

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Date night... at home!

When you think "date night," you may envision a night on the town or a fancy and expensive restaurant dinner. That, and the babysitter, the outfit, the hair...it

might all seem a touch overwhelming and extremely pricey. So spend date night at home! You can and still make it romantic and do it for a fraction of the price with a Pepperoni Pesto Ristorante Pizza from Dr. Oetker.

Put the kids to bed early or send them over to grandma's. Set your table with beautiful blooms, soft candlelight and your best dinnerware. Turn on the music and turn off the phones. Dress up like you're heading out – and you're all ready to stay in!

You don't have to spend hours in the kitchen to create an amazing dinner. Pair your pizza with a bottle of medium-bodied dry Chianti – the perfect wine to bring out the flavours of the pizza. Add a tasty caprese side salad: sliced ripe tomatoes and fresh mozzarella sprinkled with basil leaves (torn into bite-size pieces), and dressed with salt, pepper and olive oil. Finish your meal with a sinfully good dessert, like a fluffy Dr. Oetker Milk Chocolate Mousse. It's a deliciously decadent meal that's perfect for a special evening!

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HAVE YOU TRIED THE BEST?

Cold sore help

Cold sores aren't a problem for everyone but for those who suffer, outbreaks can be painful, uncomfortable, and embarrassing. In fact, up to 90 per cent of adults carry the virus (HSV-1), but only 20 to 40 per cent will ever experience a cold sore outbreak.

Most cold sore sufferers aren't exactly sure when they first encountered the virus, but once contracted the virus never leaves the body.

Not everyone's cold sore is triggered by the same thing. But there are several common factors that may cause your outbreaks. Knowing general cold sore triggers can help you identify personal triggers and take the necessary steps to manage them.

First, boost your immune system by getting plenty of rest and exercise and eating a balanced diet. Reducing the stress in your life is also important. Keep your lips moisturized – drink plenty of water to stay hydrated and use sunblock on your lips all year round to protect your lips from sun and from winter cold.

Treat your cold sore early for best results. The best time to start treatment is when that tingling sensation first happens, before any visible sign of a cold sore appears. When it comes to treating a cold sore, you'll hear advice on everything from home remedies to lip balm cures.

Learn the cold sore facts so you can face every cold sore with confidence. Ice, vinegar, tea bags, camphor, menthol or phenol may provide temporary relief, but they won't make your cold sore disappear faster. Look for products that contain the medicinal ingredient, docosanol, which is clinically proven to shorten the duration of a cold sore.

Remember to avoid transmitting the virus to others through skin contact. Also, wash your hands frequently if you've touched your lips or brushed your teeth to avoid spread of the virus.

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All about balance

Good balance. It's what we all strive for in our lives – the healthy combination between work and play, performance and rest, and eating right and exercising. If you need help getting motivated to exercise and enjoy a nutritious diet, know that the health benefits can't be overstated. Good eating starts with a variety of foods from the four food groups in Canada's Food Guide – plenty of fruits and veggies, whole grains and low-fat dairy products, along with lean meats and meat alternatives. Healthy diets also minimize intake of foods high in saturated fat, cholesterol, sodium and sugar.

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PRESTO MAGICAL OR NOT SO MUCH

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

It seems fair to say that, when it comes to how we pay our fares, the GTA's transit systems have historically lagged behind much of the rest of the world. In Toronto, many riders still pay their TTC fares the exact same way our forefathers did a half-century ago — by depositing an easy-to-lose token into a container minded by a bored-looking attendant.

Which is why using my Presto card to board GO Trains and other transit vehicles can feel pretty satisfying. Presto — the long-in-development fare card currently being rolled out across the GTA and Ottawa — may not be the technology of the future, but at least it's the technology of the present.

And when Presto works, it lives up to its name — it's like magic. I can walk into a GO station, wave my card over a reader and, with a pleasant beep, my fare is paid.

But Presto isn't perfect. Not by a long shot. I found the process of signing up to get my card to be ridiculously convoluted, with each step seemingly involving an inexplicable 24-hour wait.

Worse, on one occasion my Presto card even turned me into a fare-evading scofflaw. On a winter's night this past January, I had to endure the embarrassment of being given a written warning for non-payment by an understandably stern fare enforcement officer while aboard an eastbound GO train.

At the time, I couldn't explain it. I had paid. The Presto reader at Clarkson GO had made the expected beep when I passed my card over it.

It wasn't until later that I pieced together what happened. It was a complicated problem caused, ultimately, by my own error. I had forgotten to "tap off" during my outbound trip.

But still the experience has left me paranoid. Sometimes I even long for the days of having a printed ticket — at least then I knew for certain that I held a valid fare. These days, I find myself double-tapping my card before boarding, just to make sure I've really paid.

There are, of course, easy solutions to this problem that don't require a return to the past. Programming the Presto card readers so they can provide more readable information would be a start. As it is, the screens on the things are mostly useless.

And ultimately technology that obsoletes Presto altogether will be the solution. If I could pay, for example, by waving my smartphone over the reader, my phone could then use its display to tell me my fare is valid. This technology already exists in parts of the world — we'll see how long it takes to get to the GTA.

Until then, we've got Presto. And I like it. Most of the time.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

HIS SPIDEY BEARD IS TINGLING

Amazing logo spun out of chin hair

An IT specialist has crafted his facial hair in homage to the iconic Spider-Man logo. Chad Roberts' beard recently won him honours at the second annual Garden State Beard and 'Stache competition in New Jersey, with his spider symbol from Spider-Man. Chad's past beards include a Christmas tree and an X-wing spaceship from Star Wars.

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Sunday Best

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Clickbait

ANDREW FIFIELD
metronews.ca

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PRESTO MAGICAL OR NOT SO MUCH

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

It seems fair to say that, when it comes to how we pay our fares, the GTA's transit systems have historically lagged behind much of the rest of the world. In Toronto, many riders still pay their TTC fares the exact same way our forefathers did a half-century ago — by depositing an easy-to-lose token into a container minded by a bored-looking attendant.

Which is why using my Presto card to board GO Trains and other transit vehicles can feel pretty satisfying. Presto — the long-in-development fare card currently being rolled out across the GTA and Ottawa — may not be the technology of the future, but at least it's the technology of the present.

And when Presto works, it lives up to its name — it's like magic. I can walk into a GO station, wave my card over a reader and, with a pleasant beep, my fare is paid.

But Presto isn't perfect. Not by a long shot. I found the process of signing up to get my card to be ridiculously convoluted, with each step seemingly involving an inexplicable 24-hour wait.

Worse, on one occasion my Presto card even turned me into a fare-evading scofflaw. On a winter's night this past January, I had to endure the embarrassment of being given a written warning for non-payment by an understandably stern fare enforcement officer while aboard an eastbound GO train.

At the time, I couldn't explain it. I had paid. The Presto reader at Clarkson GO had made the expected beep when I passed my card over it.

It wasn't until later that I pieced together what happened. It was a complicated problem caused, ultimately, by my own error. I had forgotten to "tap off" during my outbound trip.

But still the experience has left me paranoid. Sometimes I even long for the days of having a printed ticket — at least then I knew for certain that I held a valid fare. These days, I find myself double-tapping my card before boarding, just to make sure I've really paid.

There are, of course, easy solutions to this problem that don't require a return to the past. Programming the Presto card readers so they can provide more readable information would be a start. As it is, the screens on the things are mostly useless.

And ultimately technology that obsoletes Presto altogether will be the solution. If I could pay, for example, by waving my smartphone over the reader, my phone could then use its display to tell me my fare is valid. This technology already exists in parts of the world — we'll see how long it takes to get to the GTA.

Until then, we've got Presto. And I like it. Most of the time.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

HIS SPIDEY BEARD IS TINGLING

Amazing logo spun out of chin hair

An IT specialist has crafted his facial hair in homage to the iconic Spider-Man logo. Chad Roberts' beard recently won him honours at the second annual Garden State Beard and 'Stache competition in New Jersey, with his spider symbol from Spider-Man. Chad's past beards include a Christmas tree and an X-wing spaceship from Star Wars.

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Ellen DeGeneres woos her Australian audience

Introducing Portia. Emmy Award winning host brought her Aussie wife out on stage for the Sydney crowd to meet

Ellen DeGeneres was applauded by a rapturous Aussie audience like a cherished part of the family as she introduced her Australian-born wife, Portia de Rossi, on a Sydney Harbour-side stage on Saturday to begin pre-recording Down Under segments for her popular TV show.

The Emmy-Award-winning talk-show host arrived in Sydney with her mom, Betty DeGeneres, and de Rossi on Friday after a 14-hour flight from Los Angeles for a six-day filming trip to Australia.

"I'm moving here, it's so beautiful," DeGeneres told 3,000 admirers, who were clearly delighted to be in the sun-bathed Royal Botanic Gardens near the Sydney Opera House for the two-hour recording despite the 30 C early afternoon heat.

Guests included Oscar-winning actor and Sydney local Russell Crowe. He presented the 55-year-old host with two kangaroo-hide cattle whips that he said DeGeneres might need to catch "some brumbies" — an Australian term for wild horses — when she visits Australia's south-east. The pair took turns at whip cracking.

Asked by one emotional fan whether she and her wife would adopt her, DeGeneres replied, tongue-in-cheek: "We were just saying we should adopt someone. It's so easy for us."

The show was packed with games involving audience members, including an Australia-themed trivia event in which fans had to take a harbour plunge for a wrong answer.

The Ellen DeGeneres Show is in its 10th season. DeGeneres was honoured with the Mark Twain Prize for American Humor last year.

THE ASSOCIATED PRESS

Love at first sight

"I'm moving here, it's so beautiful."

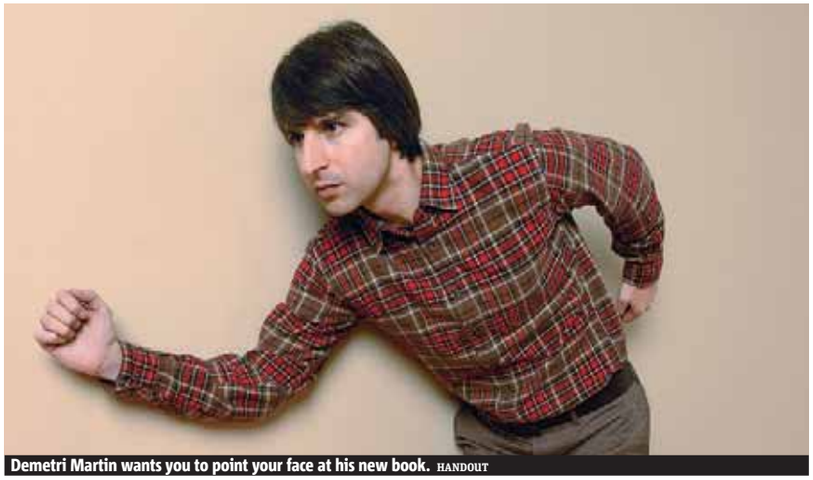
Ellen DeGeneres
Talking about her new-found love for Australia.

Ellen DeGeneres and her wife were met by a raucous crowd.
RICK RYCROFT/THE ASSOCIATED PRESS

Demetri keeps his worries at bay

New book. Absurdist comedian is putting his existential crisis on ice by penning his new book Point Your Face at This

PAT HEALY
Metro World News



Demetri Martin wants you to point your face at his new book. HANDOUT

After Demetri Martin left New York for California a few years ago, he realized the reason he does the thoughtfully silly type of comedy he does.

"I would go for these long beach walks, and bring my notebook, daydreaming and writing," he says. "I do like going for walks and kind of escaping, which is probably why I don't do a lot of topical material, if any. I just don't feel as inspired by any of that. But it was this beautiful day and I was walking home and it was like the end of the day and it was sunset and there was hardly anybody on the beach. The ocean was on my left, I had flip-flops in my backpack and the water was hitting my feet and I remember thinking, 'I'm gonna freaking die!' I got all the distractions away, all the New York stuff that keeps me from worrying about really big stuff, so I had to escape into some stupid line drawings or jokes or whatever, because it's just kind of too much."

The tools he uses to hold his existential crisis at bay enables his audience to also stop thinking about their own mortality. His brand new book, Point Your Face at This, is a compilation of these self-described "stupid line drawings" that mine a similar life-affirming absurdity as The Far Side.

"I do remember, as a kid, Gary Larson being one of my first favourite things that I found funny," says Martin. "I used to just pop into the bookstore and not have any money to buy books or anything, but I would just flip through a Far Side, probably like a lot of kids, and just think how funny they were. And it was an interesting experience, looking at something on a page — often something without words — and find it funny. There was something so powerful about that for me."

Martin is humble about his skill as an artist, however, saying he doesn't think his drawing is on par with Larson.

"A lot of my stuff, I think there's a simplicity to it, whether it's by design or just the best that I can do," he says.

Drama

Yossi

Stars. Ohad Knoller, Oz Zehavi

Director. Etyan Fox

The first English-language film from Korean master Chan-Wook Park, Stoker is a slow burn of a movie involving the Stoker family — mother Evie, daughter India and creepy Uncle Charlie. Stoker is a sexual/psychological drama with overtones of incest, mental illness and infidelity. Question is, will it keep audiences entertained? Possibly, but the uneasy feel of the film and deliberate aloofness of the characters may be off-putting.

REGAN REID

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Bynes ALL PHOTOS GETTY IMAGES

Come home Amanda!

Amanda Bynes' family is reportedly very concerned about the troubled actress and wants her to move back to Los Angeles where they can keep a better eye on her, according to E! News.

The accident-prone starlet has been living it up in New York, tweeting pictures of her outlandish recent makeover and a new cheek piercing along with bizarre and nonsensical declarations like "Baby corn and fried tofu," "Fear is pain arising from the anticipation of evil" and "I created the phrase lly and lololol."

Bynes has reportedly refused her family's requests that she move back to L.A.

Ashton Kutcher

Kutcher taking vow of silence on relationship

Ashton Kutcher has vowed to keep his mouth shut when it comes to dishing on his relationship with Mila Kunis after how things turned out with ex-wife Demi Moore.

"You know, I've learned the hard way how valuable privacy is," Kutcher tells Elle magazine. "I've learned that there are a lot of things in your life that really benefit from being private. And relationships are one of them. And I am going to do everything in my power to have this relationship (with Kunis) be private."

Pop goes the week

Emma Watson isn't getting spanked and Bradley Cooper likes them young

STARGAZING
Malene Arpe
scene@metronews.ca

Hansel & Gretel: Witch Hunters is getting a sequel after doing surprisingly great box office numbers overseas. The tentative title of the sequel is Jeremy Renner and Gemma Arterton: Contractual Obligation Loophole Hunters.

Tired of the rumours, Emma Watson tweets, "Who here actually thinks I would do 50 Shades of Grey as a movie? Like really. For real. In real life" "Well, I kinda do," says Bobby, the Hermione-obsessed whip-and-chains enthusiast.

Bradley Cooper

Bret Michaels turns down an offer to strip for Chippendales. That's terrible news for all the women who were hoping to see what he looks like under his wig.

The Kardashian sisters compare the smell of their lady parts on Kourtney and Kim Take Miami. Appropriate responses to this: 1) Ewww. 2) Blergh. 3) Ugh. 4) Where are we as a civilization and can anything get us back from the brink? Read more at ewwwblerghugh.com.

Liev Schreiber comes to the aid of a woman who was involved in an accident outside his house. Long-time celebrity rescue champion Ryan Gosling immediately runs out the door and tackles a random senior citizen while whispering, "you're safe, you're safe now."

Selena Gomez said she made Justin Bieber cry. Then Justin's fans said Selena makes them cry. Then the Devil laughed.
After saying he would never date Jennifer Lawrence because she could be his daughter, Bradley Cooper is now dating a 20-year-old model. "That comment was taken completely out of context and twisted around by the stupid press," says Bradley. "What I meant to say is that I wouldn't date Jennifer because she repeatedly turned me down."

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No purchase necessary. Contest open to residents of the Greater Toronto area, excluding Quebec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Ten (10) Grand Prizes are available to be won, consisting of Two Tickets to the special advance screening of Mad Ship on March 28th at 7 pm at the Cineplex Varsity Cinema (approximate retail value of $26 CDN). Skill testing question required. Contest closes March 26th, 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com

Book excerpt

Brand extension

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The next time you visit a corporate website, look at the "About Us" page. Most feature a mission statement — a few sentences or paragraphs that tell the world what the company does and what it wants to accomplish. As the boss of your family, you will likely find a mission statement handy, if for no other reason than to remind yourself of what you were thinking when you brought these people into the world.

Corporately, a mission statement should address the employees, the shareholders, and the customers.

- Employees: The members of your family.
- Shareholders: Any relative or friend who has invested in you and wants you to be successful.
- Customers: Our neighbours, friends, acquaintances; everyone we interact with on a daily basis.

A mission statement should easily and clearly define who you are and what you do. Make a list of words that mean something to you, that reflect the attitudes or approaches you feel are important: commitment, knowledge, quality, or wherever your focus needs to be. String ideas together until you come up with a mission statement of your own. I worked with keywords such as know, admire, inspire, value, personal mastery, and focus, and boiled it down to this: "Do your best. People are watching."

EXCERPTED FROM I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY "THE BUSINESS" BY KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE IN BOOKSTORES EVERYWHERE

Easter and April Fool's in one

Crafts. Paint, foil transform papier-mâché eggs into faux chocolate Easter treats

Easter and April Fool's Day may be far apart in spirit, but they're jammed together on the calendar this year. Here's a quick and inexpensive craft project that can carry over from one to the other: faux chocolate eggs.

Given people's weakness for chocolate, you likely can't put out a bowl of pretty foil-wrapped chocolate eggs a week before Easter and expect them to last until the holiday. But you can get the same effect — without the temptation — by painting papier-mâché eggs and partially wrapping them with pastel-hued foil. Piled in a glass canister or arranged in a simple bowl, these eggs make a sweet Easter display that will last for years.

These faux-chocolate Easter eggs make a great decoration. HOLLY RAMER

Materials

- papier-mâché eggs
- brown satin finish spray paint or acrylic craft paint
- satin finish clear sealant or varnish (if using craft paint)
- paint brush (if using craft paint)
- large cardboard box lined with waxed paper or parchment paper for containing over-spray (if using spray paint)
- foil sheets made for candy wrappers
- white glue or Mod Podge

Instructions

1. If using spray paint, place eggs in lined cardboard box and, working in well-ventilated area, apply several coats of paint. Follow directions on canister to determine drying time between coats. Turn eggs to make sure you are painting all sides. Three or four light coats of paint should be enough.

2. If using craft paint, use brush to apply three coats of paint, allowing eggs to dry between coats. If using craft paint, apply one coat of satin finish varnish. Allow eggs to dry.

3. Cut piece of coloured foil a bit taller than height of egg and wide enough to wrap around it. Cut slits roughly 1-inch long along one of the long edges. This will make it easier to fold the foil tightly around the bottom of the egg.

4. Brush glue or Mod Podge on the lower 2/3 of an egg, then wrap foil around egg, with fringed edge at the bottom, wider end of the egg.

5. Brushing on more glue as needed, press foil tightly against egg, overlapping the cut pieces at bottom. At top, squeeze the foil together and twist it tightly. Cut off the excess.

6. Once the egg is entirely covered in foil, peel some off to create the appearance of a candy egg that's been partially unwrapped. THE ASSOCIATED PRESS

Exclusively online

Nap time is the most wonderful time in Mommy's day. In theory. Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Keeping it trendy during pregnancy

Pregnancy trends for 2013 include ultrasound parties. ISTOCK

BRIA MARIETTE
Metro World News in New York

Fear not, moms-to-be, being pregnant doesn't mean you have to give up on the trends.

We caught up with Elena Mauer, deputy editor of Thebump.com, to learn what first-time moms should look out for this year.

Going green ... with baby names

Pantone named emerald as the colour of the year for 2013, so expect to see baby names like Hunter, Jade, Kelly and Forest increasing in popularity in the coming months. Even celebrities have been swept up in the trend (Drew Barrymore named her new baby girl Olive).

Ultrasound parties

Parents-to-be are going beyond the usual baby shower or gender reveal party. Now more extravagant measures are popping up, including ultrasound parties, where a medically trained technician is invited to perform the procedure in the living room for all of your loved ones to see.

Mommy-moons

Move over, baby-moons. Soon-to-be moms are taking what Thebump.com calls "mommy-moons," mini getaways that pregnant women can take with their girlfriends before the arrival of the baby. Beach vacations, spa trips and pampering parties are the most popular choices. "Pregnant women are looking for ways to pamper themselves (and) spend time with their friends before the baby arrives and they become very busy," says Mauer.

Neon Nurseries

Gone are the days of the traditional pink and blue colour scheme for baby rooms. "In 2012, there was a lot of neon in fashion," Mauer says. "You saw it on the runway, and now people are bringing it into their nurseries." You are more likely to see neon pink bedding, or a neon green table cover that adds mild pops of color and a bit of trendiness to the nursery.

Butter Chicken can be a healthy choice — seriously

A little prep in the morning will go a long way in creating a flavourful and nutritious family meal that cooks while you are at work.

Start with spice-coated chicken and a healthy pantry staple pasta sauce. Let it simmer all day in the slow cooker. Finish it off with rich Greek yogurt and lime at dinnertime.

This dish can be served over quinoa or basmati rice.

You can also make extra of the spice mixture and store for your next "better for you" Butter Chicken.

This traditionally rich Butter Chicken dish is slimmed down in sodium and fat while maintaining amazing aromas and flavours. For a 250 gram serving, the dish comes in at 307 calories.

This recipe serves six. NEWS CANADA

Ingredients

- 2 tsp (10 ml) each ground ginger, curry powder
- 1 tsp (5 ml) each ground cumin, cinnamon, coriander
- 1 medium onion, finely chopped (about 1 1/2 cup/375 ml)
- 1 1/2 lb (675 g) boneless, skinless chicken breast, cubed into 2-inch (5 cm) pieces
- 2 tbsp (30 ml) melted, unsalted butter
- 2 cups (500 ml) Healthy Choice Diced Tomato with Onion and Garlic pasta sauce
- 1 tbsp (15 ml) lime juice
- 1/2 cup (125 ml) 0% fat, plain Greek yogurt
- 1/4 cup (50 ml) chopped cilantro, to garnish

1. In small bowl combine all spices, set aside.

2. Place onion in ceramic insert of slow cooker; add chicken; sprinkle with spices then top with butter and Healthy Choice Diced Tomato with Onion and Garlic pasta sauce.

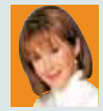
3. Stir, cover and cook on high 4 to 6 hours or on low 8 to 10 hours.

4. Stir in lime juice and yogurt before serving. Garnish with cilantro.

NEWS CANADA/ FACEBOOK.COM/HEALTHYCHOICECANADA

Healthy eating

Choose it and lose it



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There's a language in your limbs: Put your best foot (and hand) forward

Let me see your body talk. Interview success is not all about what you say

YLVA VAN BUUREN
CareerBear.com

OK, listen up. Research shows that body language during a job interview can be more important than what you verbally communicate.

"At a rational level, that's hard to comprehend," says Stefan Danis, CEO of Mandrake and NEXCareer. "But at an emotional level, we have sensors that catch other parts of one's behaviour around body language, voice inflection and general energy level, and the evidence shows that it's 90 per cent of the experience that's remembered whereas content — or the answers during an interview — is less than 10 per cent. We remember how the individual interviewed, not what they said."

Late night last night? This ain't the time to let that show. ISTOCK

This means, even though you could have the most riveting answer to that question about your leadership style, if you answer in a monotone voice with your arms crossed and looking out the window, your response will mean nothing.

Here are seven ways body language can help you get the job:

Be the follower

If the interviewer comes to get you, follow them through their office, and don't lead in any way. When you get to the room, quickly assess the potential tactical advantage in terms of where you should sit.

Again, the choice should place the interviewer in the head position (such as the head of the table). If you're making a presentation as part of the interview process, it's appropriate to stand but best to ask permission, says Danis.

Make a good first impression

When you first meet your interviewer, be sure to radiate positive energy and avoid a "claw-like" or clammy handshake. Consider tilting your hand a little bit to give the other person the higher hand.

Friendly body language

Avoid crossing your arms and leaning back in your chair, which may force the interviewer to lean forward. Leaning in is a friendlier posture. Also, don't fidget. And demonstrate that you are organized by being tidy with your laptop, purse, etc., when you first arrive.

Make eye contact

Avoid looking down or away from the interviewer, because not giving proper eye contact may signal a lack of interest, says Danis.

Taking notes during the interview shows focus and interest in what the interviewer is saying. It also gives you a bit of a break from constant eye contact.

"In any case, it should never be a stare-down — 75 per cent of the time, look into the person's eyes, particularly when they're talking."

Mind your Ps and Qs

Don't forget good manners

- Protocol should be observed, which means you only sit down when the interviewer has sat down. Be aware of body language in the reception area too.
- Don't be dismissive, over-excited or rude. Be engaged, warm and observe any rules such as signing in and putting on an ID badge.
- At the end of the interview, only stand up when the interviewer has stood up. If they've wrapped it up and are taking notes, you could ask if you may leave — or engage them a little more by asking how you did.

The great web of work

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Remind yourself that every hearty shake could lead to a handful of opportunities. ISTOCK

Bank on that buzzword. Experts weigh in on how to meet, greet and repeat

JULIA WEST
Metro World News

It's an expression you can't escape: "networking." There's no shortage of networking events taking place in your area, but simply showing up to one of these schmooze-fests isn't enough. We learned a few tricks to help you work the crowd and leave an event with the business card that will help you get your next job.

Listen to people

Pay attention to what people are doing, who they're working with and what their background is. Bill Corbett Jr. is president of Corbett Public Relations, Inc. and has two decades of networking experience.

"If somebody is pushy, they are not networking," he says. "A businessperson needs to listen 80 per cent of the time and speak 20 per cent of the time. Learn to ask the right questions."

Look approachable

Try to give the impression that you are completely at ease, even when you aren't. If you relax, you will appear more approachable, and you'll certainly enjoy yourself more.

Having your phone out is distracting and can turn people off. "Put your electronic device away, and be engaged with everything that is going on around you," says Christina Steinorth, psychotherapist and author of Cue Cards for Life: Thoughtful Tips for Better Relationships.

"If you're constantly texting or talking on your smartphone, others will feel that you are only present at the event to go through the motions," she adds.

Stash your cell

Put your electronic device away, and be engaged with everything that is going on around you.

Christina Steinorth
Psychotherapist

Quality over quantity

The goal is not to leave with your pockets stuffed with business cards.

- "Sometimes I have left networking events with more than 40 business cards. That's way too many," says Vicky Oliver, author of 301 Smart Answers to Tough Interview Questions.
- "It's better to have two or three leads but then really follow up with them." Speak with these people again and build a professional relationship; make them count.

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To #humblebrag or not to #humblebrag?

What a Twit.
Tweeting about your professional accomplishments isn't always a bad thing

So, you just made a big sale at work. Do you rush online to share the big news with friends and followers on your social networks? How much proud and enthusiastic gushing is endearing and how much is too much?

Since digital communication is notoriously open to misinterpretation, should you use some kind of social media cue to suggest you're trying to be modest, even as you tell the world you've done something really, really great?

For many social media users, it's an all too familiar internal monologue that's made the Twitter hashtag #humblebrag commonplace.

Originally coined by comedian and TV writer Harris Wittels in 2010 as a way to sarcastically call out some of the most obnoxious Twitter braggarts, the hashtag evolved into a tool for social media users to broadcast their accomplishments while signalling that they feel a little awkward doing so.

Take pride in your posts

Joe Ginese, who recently wrote a rant about the #humblebrag concept on his blog, says he'd rather see people just be proud of their accomplishments without thinking twice about how others might take it.

- "It's almost like you're ashamed of celebrating something and you downplay it by attaching that hashtag," Ginese says.
- "Some of it is a confidence problem, I don't know if it's people don't want to come off as conceited or come off as, 'Look at me, I'm bragging,' but there comes a point that if you're not advocating enough for yourself and what you're doing, you're selling yourself short."

At what point does clicking with confidence go too far? ISTOCK

"I love the humblebrag, it strikes me as a kind of quintessentially Canadian manoeuvre," says Aimee Morrison, a University of Waterloo associate professor who researches digital culture.

"In this social media era we are having to create and adjust to new social norms around self disclosure and how we talk about ourselves, because although we think of social media as being interactive and conversational, it's actually a series of interwoven monologues by individual users.

"So we've developed mechanisms by which to get out information we need to share with others — some of which sounds like bragging — and we had to find a way to do that that is still socially acceptable."

Blab with the best of 'em

"If you don't talk about yourself it's somewhat hard to get others to, because they're talking about themselves."
Mitch Joel
President of the Twist Image marketing agency

If you ask Mitch Joel, president of the Twist Image marketing agency and an influential social media user and commentator, there's a good kind of humblebrag and a bad kind — whether users actually use the hashtag or not in their personal tweets.

"I think there's part of it where we're publishing things in the hopes that people will think our lives are more interesting than theirs and I think that's the sort of negative one," Joel says.

"I think the positive one is where we're publishing things in the hopes that people will connect and find value in the things we're creating."

He's struggled in the past with trying to figure out how the act of promoting his work on social media can come off as the wrong kind of humblebrag, or too overtly promotional, which may not connect with his followers.

He admitted a recent tweet about pre-orders of his new book, CTRL ALT Delete — Reboot Your Business. Reboot Your Life. Your Future Depends On It, fell into the less desirable category.

"When I tweet out (something like), 'Pretty amazed that my book cracked No. 1 in a couple of categories on Amazon and it's only coming out May 21,' that's like the sort of thing I sort of get throwing up in my own mouth about. But you gotta do it because we live in this world where everybody's a media outlet and producing content — text, images, audio, video — if you don't talk about yourself it's somewhat hard to get others to, because they're talking about themselves."

THE CANADIAN PRESS

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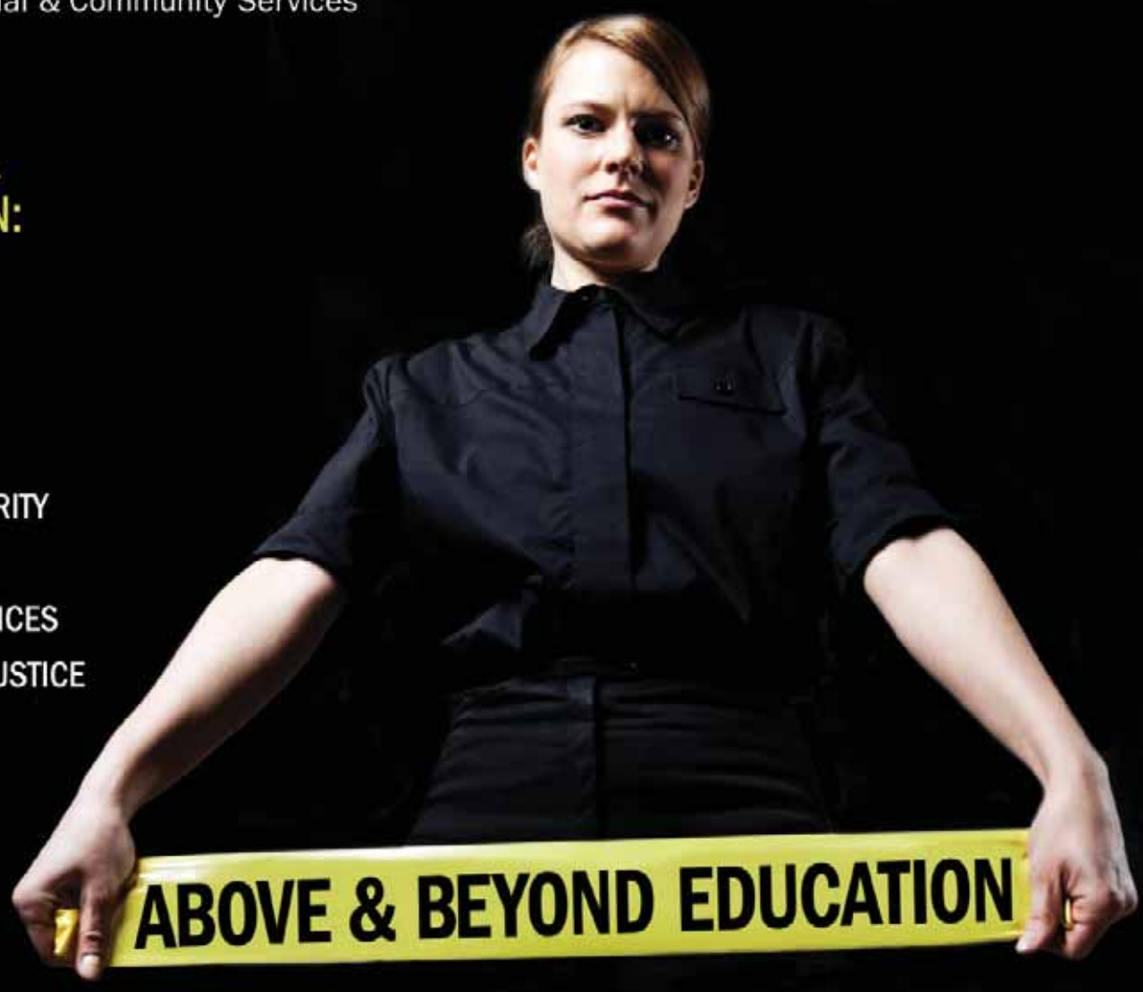

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Establishing trust between teacher and student is the key to educating adult learners of today. ISTOCK

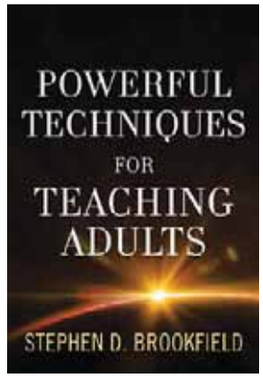
The perils of giving power to the pupils

What do you want from me? When trust issues get in the way of your teaching techniques

BRUCE WALSH
Metro World News

University of St. Thomas professor Stephen D. Brookfield is perhaps the most prolific writer on adult higher education in the U.S. His books use personal experience to flesh out his teaching philosophy. Brookfied's latest, Powerful Techniques for Teaching Adults, takes a look at power dynamics.

"Power is everywhere in the classroom. You can't avoid it," he says from his office in Saint Paul, Minn. "So I thought, instead of writing a book that's full of these approaches — which



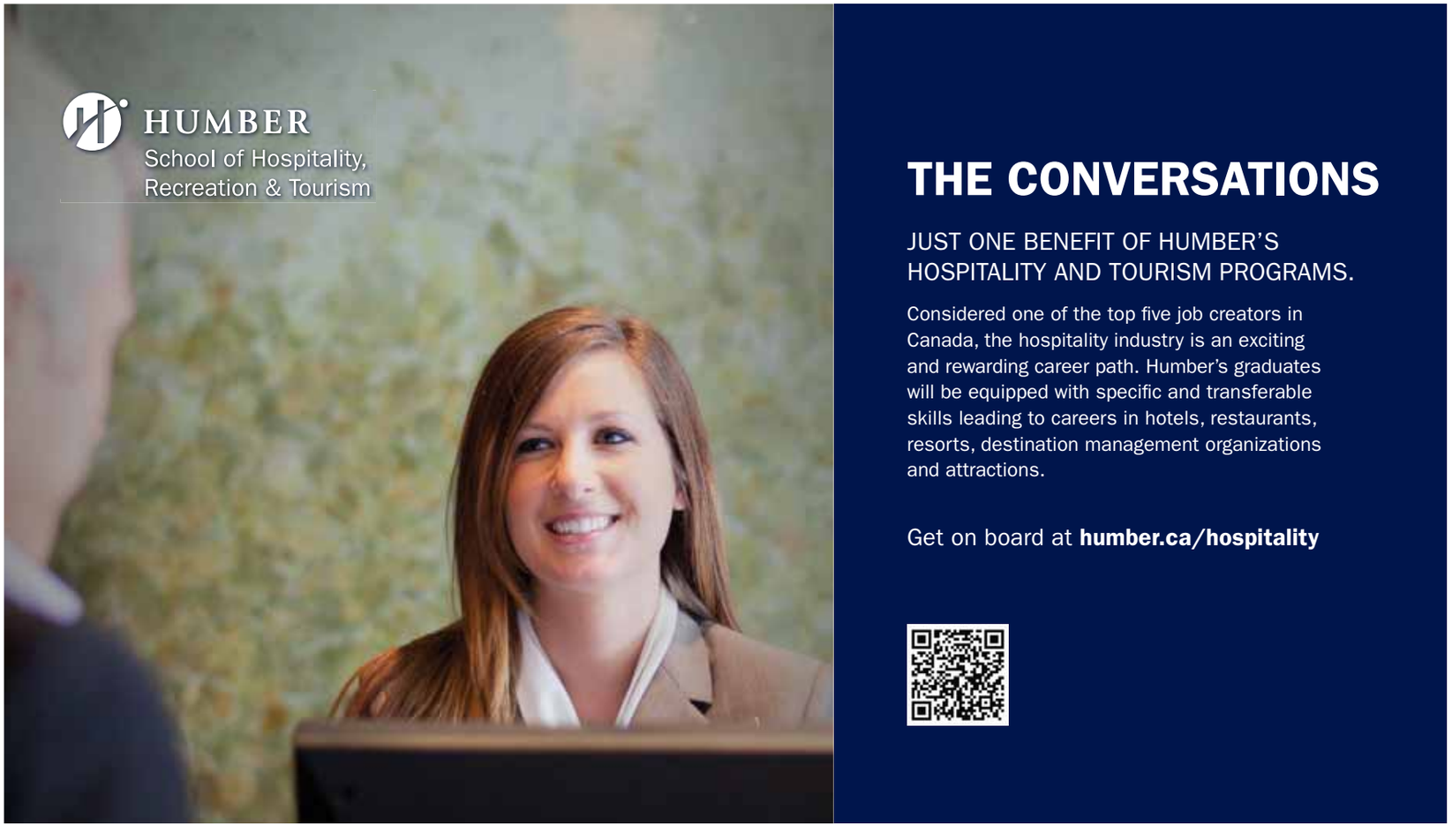
is probably what people are expecting — let's examine how these power dynamics skew the way teaching techniques are experienced by students."

Powerful Techniques touches on a number of concepts Brookfield has written about before: developing critical thinking, facilitating discussion, utilizing the creative arts. But this time the author emphasizes the adjustments he has made to his teaching style due to notions of power and trust.

Though Brookfield is still a believer in student-controlled, self-directed learning, he now introduces the concept with more than a touch of caution.

"If I'm asking people to make decisions about the curriculum, or I'm involving them in setting up the grading system, one of the responses I often get is: 'You're playing a game with us and we don't know what your agenda is,'" he explains.

"So now I begin by saying, 'Here are the non-negotiable things about the class; here are the things I want you to decide; and here are places where we can negotiate.' By being less naive about us all having the same power, I'm able to gain a student's trust and build something from there."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To wheel and deal like a winner

Talk the talk. Take in a few bargaining tips from a master-level negotiator

JULIA FURLAN
Metro World News

From behind the lectern at Wharton Business School, to the candy-coloured halls of Google, to an upcoming trip to a military base in Afghanistan, Stuart Diamond wants people to know how to negotiate. His book, Getting More: How You Can Negotiate to Succeed in Work and Life, takes a realistic perspective — coaxing a cranky toddler to bed, asking for a raise, getting a job after switching careers — to teach people how they can achieve more.

Diamond says the key to negotiation is just to have a good conversation. Here's what we learned from our good conversation with Diamond:

According to Diamond:

It's all about attitude

- If I have a can-do attitude and I'm willing to work any time and anywhere, if I find solutions not problems, that's what will get me the job. If some one has a lot of experience and bad attitude, I wouldn't take them over a person with no experience and a great attitude.

Focus on your skills

Experience is not why people give you a job. It's all about skills. I encourage people to figure out not what experience they have, but what skills. It's the skill the employer wants. I once counselled a medical doctor about moving into a financial consulting career. He had leadership abilities, he was organized and he had a vision. He said: "You can teach me the financial stuff I need to know," and he was right. People assume experience means skills, but it doesn't.

Do your homework. Approaching another party with a request will reap better results if you have knowledge of their nature. ISTOCK

Negotiating a job or a raise is about them — not you.

A good negotiation is just a conversation. The less stressful it is, the better. When somebody is sitting across the table looking at you, they're thinking, "can I stand this person every day?" That's the pictures in their head. People think it's a game, it's not a game or a dance — it's just a talk.

Know the pictures in their head

My first question to an employer is: "why are you looking for somebody?" I want to find out who they are, I want to find out what's in their head. Finding out the pictures in their head is the most important way to get more. I once applied at Morgan Stanley. I said: what criteria do you use to hire people? The interviewer replied "what criteria should I use?" I listed all the things I was good at and she hired me!

The first salary negotiation isn't as vital as you'd think

A lot of people think that it's really important to get the best salary you can going in. I don't think that's true. I think it's important to get a commitment for them to pay you more if you add value going forward. The salary they're paying you for is budgeted for, but if you say if I add a lot of value to you, people are much more willing to pay out of additional future revenues. What will they pay you next year? People hardly ever do that and it's a lot better of a way to approach the negotiation.

Ask for intangibles

If they can't pay you the salary you want but suggest intangibles that don't cost much, you can sweeten the deal. Moving expenses, tax advice, mortgage co-signing, education and training — there are all kinds of things that HR has at their disposal that don't cost very much and that people hardly ever ask for. Companies are often only too happy to give you these things.

Talk to your elders

There is always somebody old that's been put out to pasture at any company, some old guy or woman who's been there for 40 years who's about to retire and nobody talks to them. They have the whole company at their hands. They will tell you everything you need to know about succeeding in that company.

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Toronto Maple Leafs goaltender James Reimer is congratulated by teammate Nazem Kadri following their 3-2 victory over the Boston Bruins on Saturday at the Air Canada Centre. The Leafs appear to be in good shape to make the playoffs with 37 points through 32 games. CHRIS YOUNG/THE CANADIAN PRESS

Playoffs well within reach for Maple Leafs

NHL. Golf season may have to wait: Buds need only play .500 hockey from here on to make post-season

The end is near. The end, as in the end of the season and the end of a lengthy — almost humorously insulting — playoff drought for the Toronto Maple Leafs.

The Maple Leafs are two-thirds through the NHL season, sitting in sixth place in the East with 37 points in 32 games.

They'll need about 16 points in the next 16 games — a tidy eight wins, or .500 hockey — to clinch their first playoff spot since 2004.

While a 3-2 win Saturday over their longtime nemesis in the Boston Bruins has the Leafs feeling pretty good, they're not getting ahead of themselves.

"We haven't really looked at it that way," said Leafs defenceman Cody Franson. "We try to stay in the moment, game by game and give ourselves the best positioning possible.

"To look too far forward, it would be a mistake. We have to stay in the moment and try to get as many wins as possible. We try to make it so we control our own fate and not rely on other teams to help us. In order to do that, you've got to be able to play solid each game from here on out."

The Leafs hope to make it two in a row Monday night against Boston with the second in the home-and-home series.

"It's important we go in and carry on that momentum," said defenceman Mark Fraser. "We were pretty high — we won. But it was short-lived. We had a good game, but you can't get too high. We have to face them again. We're feeling good about where we are right now."

TORSTAR NEWS SERVICE

Lineup note

Mike Kostka is expected to replace John-Michael Liles, out with a sprained ankle, on the blue-line when the Leafs play the Bruins Monday.

- "There's something about playoff hockey," Kostka said of Toronto's win Saturday. "All of a sudden everyone is jumping in front of shots and getting shots through isn't necessarily as easy as it was beforehand."

NBA

Heat's 26th straight win a laugher

LeBron James finished with 32 points, 10 assists and eight rebounds, Chris Bosh added 15 points and the Miami Heat won their 26th straight game, topping the Charlotte Bobcats 109-77 on Sunday night.

Norris Cole scored 15 and Ray Allen added 14 for the Heat, who played without Dwyane Wade, held from the lineup because of right knee soreness that the team believes is minor. The Heat are now seven wins shy of matching the 1971-72 Los Angeles Lakers for the league record of 33.

Charlotte led by 11 in the early going and was within five in the third quarter, but two huge spurts by the Heat were more than enough to put the game away.

THE ASSOCIATED PRESS

NHL

Lightning fire Guy Boucher

The Tampa Bay Lightning fired coach Guy Boucher on Sunday, with the team in next to last place in the Eastern Conference and on its way to missing the playoffs for a second straight year.

Assistants Martin Raymond and Dan Lacroix are to share the coaching for Sunday night's game at Winnipeg.

The Lightning have a 13-17-1 record and will likely miss the post-season again after reaching the conference finals during Boucher's first year. He was hired as the Lightning's seventh coach in June 2010. THE ASSOCIATED PRESS

Hinchcliffe grabs his first checkered flag

Oakville's James Hinchcliffe celebrates winning the IndyCar series Honda Grand Prix of St. Petersburg on Sunday. CHRIS O'MEARA/THE ASSOCIATED PRESS

James Hinchcliffe, the Canadian driver poised to become IndyCar's next star, grabbed his first-career victory Sunday.

Fittingly it came at St. Petersburg, the adopted hometown of the late Dan Wheldon, the driver who signed to drive the GoDaddy car for Andretti Autosport shortly before his death in the 2011 season finale at Las Vegas.

The open seat then went to Hinchcliffe, who drove the bright green No. 27 to victory in front of Wheldon's wife and two children.

"This is his hometown; this is his car," said Hinchcliffe, who will be added now to the Wheldon monument unveiled Thursday at Turn 10 on the course. "Knowing my face will be on that memorial, that's really special."

Hinchcliffe, from Oakville, passed Helio Castroneves on the final restart to take the lead and held on to win by 1.09 seconds over the defending race winner. He became the first Canadian to win since Paul Tracy's 2007 victory at Cleveland in the CART Series, and Hinchcliffe waved the Canadian flag as he climbed from his car.

The win showed Andretti didn't lose a step over the off-season, when the organization turned it up a notch even after Ryan Hunter-Reay's championship.

It paid off Sunday when Hinchcliffe got the first IndyCar win for sponsor GoDaddy, who was with Danica Patrick in the series before her 2012 move to NASCAR. THE ASSOCIATED PRESS

Homan rebounds for bronze

Canadian skip Rachel Homan shouts during the bronze-medal game against the United States at the world women's curling championship on Sunday in Riga, Latvia. Homan defeated American Erika Brown 8-6 for bronze on Sunday morning, just hours after a crushing 8-7 loss to Scotland's Eve Muirhead in the semifinal a night earlier. Scotland defeated Sweden's Margaretha Sigfridsson 6-5 for gold later Sunday. ROMAN KOKSAROV/THE ASSOCIATED PRESS

No. 2 Ohio State avoids upset with last-second three

March Madness.
Toronto's Melvin Ejim collects double-double for Iowa in tight loss

Aaron Craft dribbled in place at the top of the arc, watching to see if any of his Ohio State teammates were open near the basket for a game-winning shot.

Nothing there.

The point guard had a clear look at the clock as it raced toward zero atop the backboard. He realized what he had to do — take a little Ohio State tournament history into his hands.

Craft held the ball until he had no other choice, then swished a three-pointer with a half-second left Sunday for a 78-75 victory over Iowa State, sending the Buckeyes to a school-record fourth straight trip to the round of 16.

Aaron Craft shoots over Georges Niang on Sunday in Dayton, Ohio. JOE ROBBINS/GETTY IMAGES

No. 2 Ohio State had managed to escape as the lone high seed left in the NCAA tournament's most-busted bracket.

"The moment's a lot bigger than me," said Craft, who had allowed Iowa State to catch up with missed free throws and an errant jumper. "It just happened to be in my hands at the end."

Ohio State (28-7) needed Craft's fearless shot — over six-foot-seven defender Georges Niang — to avoid yet another upset in the oh-so-wild West Regional. Four of the top five seeds fell fast and hard in the first weekend.

The Buckeyes' 10th straight win sent them to Los Angeles for a game on Thursday against sixth-seeded Arizona. THE ASSOCIATED PRESS

NHL

Penguins pry Morrow from Stars

The streaking Pittsburgh Penguins acquired forward Brenden Morrow from the Dallas Stars on Sunday to bolster the team's second line.

Pittsburgh sent defenceman Joe Morrow, the team's first-round pick in the 2011 draft, and a fifth-round choice this year to Dallas in exchange for Morrow and the Stars' third-round pick in the draft.

The 34-year-old Morrow has 243 goals and 285 assists in 835 games, all with Dallas. Morrow will become a free agent at the end of the season. He waived his no-trade clause to move to the Penguins. THE ASSOCIATED PRESS

Brenden Morrow GETTY IMAGES

Buehrle not shy in touting Jays' potential

At 34 years old and with 12 major-league seasons under his belt, Blue Jays left-hander Mark Buehrle has played on good teams and bad.

He pitched for three post-season entries in Chicago, capping it with the White Sox's 2005 World Series win over the Astros. He also finished in last place with the Marlins a year ago. He believes this Jays team may be his best ever.

"This team, I think, is better (than the '05 White Sox) on paper, but again we have to go out there and play 162 games and try and get to the post-season," Buehrle said. "If you asked me in spring training '05 and now, on paper, I think this team's better. We have a great lineup. We have a great starting staff. Bullpen's good. It's just everything, every aspect of the game we've got going good."

If anyone is looking for a sure thing with this Jays team heading into 2013, look no further than Buehrle. The crafty left-hander, who turned 34 Saturday, has recorded precisely 13 wins for four seasons in a row, and has won 10 or more games and exceeded 200 innings pitched in each of the past 12 seasons. You can mail those numbers in.

Jays starter Mark Buehrle says the Jays are better on paper than the 2005 World Series champion Chicago White Sox. GETTY IMAGES

On Sunday, Buehrle took the short car ride over to the Jays' minor-league complex in Dunedin, Fla., with bullpen coach Pat Hentgen to get in his 85 pitches against the same group of Pirates prospects that had faced Ricky Romero three days earlier. The rest of the Jays were in Fort Myers to face the Twins. It's becoming an unwritten rule now that teams hide their starters from AL opponents they will face in the regular season. He was Buehrle-esque in his efficiency, but not fully satisfied.

With a wind howling in from centre-field at about 50 km/h, Buehrle sped through 5 1/3 innings, allowing one run on seven hits with two walks and two strikeouts. He threw 86 pitches. TORSTAR NEWS SERVICE

Twins rout Jays

Joe Mauer had a three-run homer and six RBIs and Justin Morneau hit a two-run drive that caromed off a palm tree behind the right-field wall, helping the Minnesota Twins rout the Toronto Blue Jays 14-5 on Sunday in Fort Myers, Fla. THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	55	14	.797	—
New York	42	26	.618	12 1/2
Indiana	43	27	.614	12 1/2
Brooklyn	40	29	.580	15
Atlanta	39	31	.557	16 1/2
Chicago	38	31	.551	17
Boston	36	33	.522	19
Milwaukee	34	35	.493	21
Philadelphia	26	42	.382	28 1/2
Toronto	26	44	.371	29 1/2
Washington	25	44	.362	30
Detroit	24	47	.338	32
Cleveland	22	47	.319	33
Orlando	18	52	.257	37 1/2
Charlotte	16	54	.229	39 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	53	17	.757	—
Oklahoma City	52	19	.732	1 1/2
Denver	49	22	.690	4 1/2
L.A. Clippers	48	22	.686	5
Memphis	47	22	.681	5 1/2
Golden State	40	31	.563	13 1/2
Houston	39	31	.557	14
L.A. Lakers	36	34	.514	17
Utah	34	36	.486	19
Dallas	34	36	.486	19
Portland	33	37	.471	20
Sacramento	25	45	.357	28
Minnesota	24	44	.353	28
New Orleans	24	46	.343	29
Phoenix	23	47	.329	30

Note: division leaders ranked in top three positions regardless of winning percentage.

x-clinched playoff spot
y-clinched division

Sunday's results
Atlanta 104 Milwaukee 99
Miami 109 Charlotte 77
Chicago 104 Minnesota 97
Oklahoma City 103 Portland 83
Houston 96 San Antonio 95
Dallas 113 Utah 108
Philadelphia at Sacramento
Brooklyn at Phoenix

Saturday's results
Detroit 92 Charlotte 91
New York 110 Toronto 84
Memphis 110 Boston 106
Chicago 87 Indiana 84
Denver 101 Sacramento 95
L.A. Clippers 101 Brooklyn 95
Golden State 101 Washington 92

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	33	25	8	0	116	84	50
New Jersey	32	15	11	6	80	86	36
NY Rangers	31	15	13	3	73	76	33
NY Islanders	32	14	15	3	93	105	31
Philadelphia	31	13	16	2	82	94	28

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	31	20	6	5	98	77	45
Boston	30	20	7	3	86	64	43
Ottawa	32	17	9	6	83	70	40
Toronto	32	17	12	3	97	92	37
Buffalo	32	13	15	4	86	100	30

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	32	16	14	2	81	96	34
Carolina	30	15	13	2	85	86	32
Washington	32	15	16	1	92	90	31
Tampa Bay	31	13	17	1	101	95	27
Florida	33	9	18	6	78	116	24

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	30	24	3	3	102	66	51
St. Louis	30	17	11	2	90	83	36
Detroit	31	15	11	5	85	80	35
Nashville	32	13	13	6	80	86	32
Columbus	32	13	13	6	75	85	32

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	30	18	10	2	79	71	38
Vancouver	31	16	9	6	84	83	38
Edmonton	30	11	12	7	72	88	29
Calgary	29	11	14	4	82	101	26
Colorado	30	11	15	4	77	97	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	30	22	4	4	100	76	48
Los Angeles	31	17	12	2	88	76	36
Dallas	31	15	13	3	83	90	33
San Jose	30	13	11	6	71	79	32
Phoenix	31	13	14	4	80	87	30

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
NY Islanders 3 Florida 0
Washington 3 NY Rangers 2 (SO)
Pittsburgh 2 Philadelphia 1 (OT)
St. Louis at Calgary
Detroit at Anaheim
Tampa Bay at Winnipeg
Vancouver at Colorado

Saturday's results
Ottawa 5 Tampa Bay 3
Minnesota 2 San Jose 0
Vancouver 1 Los Angeles 0
New Jersey 2 Florida 1
Buffalo 2 Montreal 1
Toronto 3 Boston 2
Dallas 5 Colorado 2
Nashville 5 Columbus 2
St. Louis 3 Edmonton 0

Monday's games

All Times Eastern
Toronto at Boston, 7 p.m.
New Jersey at Ottawa, 7:30 p.m.
Los Angeles at Chicago, 8 p.m.
Edmonton at Nashville, 8 p.m.
Minnesota at Dallas, 8:30 p.m.
Detroit at Phoenix, 10 p.m.
San Jose at Anaheim, 10 p.m.

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PGA

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Bubba Watson	74-71-72-67—284
Gary Woodland	70-73-73-71—287
Josh Teater	75-71-70-71—287
Johnson Wagner	76-71-69-71—287
Chris Stroud	72-71-74-71—288
Francesco Molinari	75-71-70-72—288
Sang-Moon Bae	71-69-76-73—289
Bob Estes	71-69-75-74—289
Graeme McDowell	72-74-75-69—290
Nick Watney	69-76-72-73—290

Also

David Hearn	**75-71-71-73—290**
Graham DeLaet	**76-69-73-73—291**

Leaderboard

	Score Thru
Tiger Woods	-12—2
Keegan Bradley	-9—4
Ken Duke	-9—4
John Huh	-9—2
Rickie Fowler	-9—2
Brian Stuard	-8—5
Mark Wilson	-8—5
Thorbjorn Olesen	-8—3

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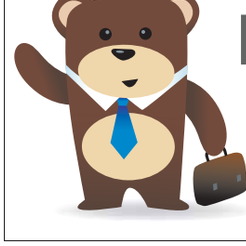

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Horoscopes

♈ Aries
March 21 - April 20
The approaching full moon suggests you will have to deal with someone who annoys you. You may find it hard to turn the other cheek but on this occasion that's exactly what you should do. Don't start a war.

♉ Taurus
April 21 - May 21
Have you taken on too many tasks? It certainly look that way. The planets urge you to cut back on your commitments and chuck out all those old things you no longer need.

♊ Gemini
May 22 - June 21
You will be full of confidence this week, the kind of confidence that makes difficult tasks look easy. Nothing will be beyond you over the next few days that does NOT mean you should try to do everything.

♋ Cancer
June 22 - July 23
The atmosphere on the home front may be a bit touchy during the first half of the week. Full moons have a way of causing upsets but try not to make an issue of things that will soon be forgotten.

♌ Leo
July 24 - Aug. 23
Do you care what people think of you? No, of course not, and with a full moon looming you will care even less. You're a Leo. You're a law unto yourself. Rules are there to be broken – hearts too!

♍ Virgo
Aug. 24 - Sept. 23
An unexpected bill may cause you a bit of grief today or tomorrow but it is nothing to get worked up about. Chances are you will be in the money again before the end of the week, so be positive.

♎ Libra
Sept. 24 - Oct. 23
You may be fearful of something over which you have no control, and that's understandable, but don't let it get to you to such an extent that you find it impossible to take action.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be in one of your more suspicious moods, the kind where even your best friends come under scrutiny. Don't make accusations you cannot prove.

♐ Sagittarius
Nov. 23 - Dec. 21
You may prefer to let others take important decisions but the planets warn you need to step up and take a few of your own, not just for your own sake but also for the sake of friends who depend on you.

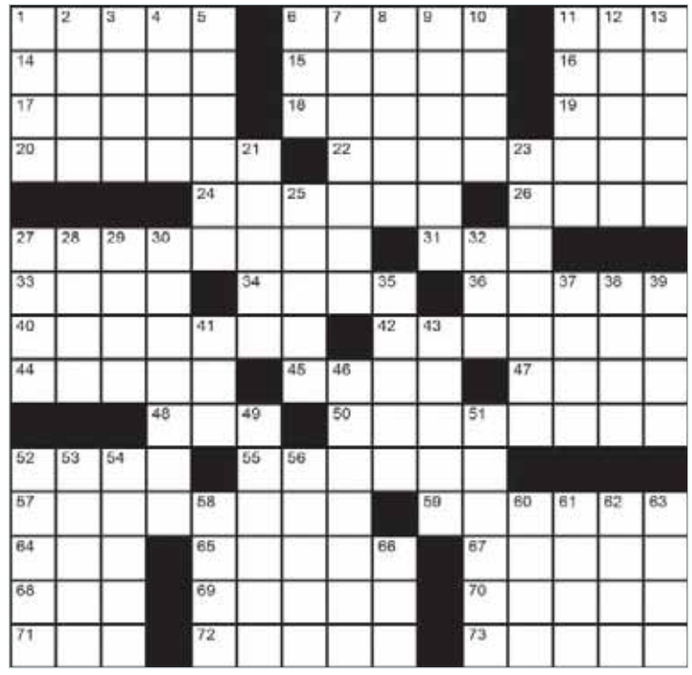
♑ Capricorn
Dec. 22 - Jan. 20
It may be annoying that others expect you to prove what to you is self-evident but that's just the way it is. Powerful people are watching you. It's in your interests to make sure they like what they see.

♒ Aquarius
Jan. 21 - Feb. 19
Do what comes naturally, even if what comes naturally to you is what annoys other people. You have never been one to play by the rules and you see no reason why you should start now. Be true to yourself.

♓ Pisces
Feb. 20 - March 20
Someone is being less than honest with you and who that someone is will be clear when the moon is full on Wednesday. The question then is: what are you going to do? Don't let them get away with it. **SALLY BROMPTON**

Crossword: Canada Across and Down

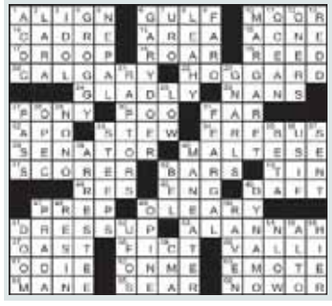
BY KELLY ANN BUCHANAN



Across
1. Flower
6. __-watching
11. Rihanna's "_._._. (Rescue Me)"
14. Grissol product, __ Toast
15. Sky high toys
16. Morn's follower
17. J'__; Nous avions; Vous aviez...
18. Tomato-hitting-the-ground sound
19. __ possidetis (As you possess, at law)
20. "Bridget __ Diary" (2001)
22. When the Hag-gadah is read
24. Assert
26. People: French
27. St. __ (Franco-phone community in Manitoba)
31. Pou __ (Vantage point)
33. __ even keel: 2 wds.
34. Scratcher's woe
36. Violin stroke
40. 9th Prime Minister, Arthur __
42. Large clothing cabinet
44. North and South
45. "Nonsense!"
47. Gumption
48. Late-shift times [abbr.]
50. Mystical creatures
52. Actor, Corbin __
55. "__ and Cleopatra" (1972)
57. "Working for the Weekend" band
59. Citrus fruit
64. Be beholden
65. Like acorned trees
67. Be of service
68. Mattel doll
69. Serviceable
70. Snow: French
71. 'Lion' suffix
72. '80s hit: "__ __ the Girls I've Loved Before"
73. Courtier in Shake-speare's Hamlet

Down
1. Music key, _ __.
2. Prefix meaning 'Left'
3. Mother in Pearl S. Buck's 1931 novel The Good Earth, _-__
4. Off-Broadway theatrical award
5. Mountain range's spine
6. Calendar components, curtly
7. Woodstock attendees
8. Sky's supporter
9. Mosts opposites
10. Ballpark figs.
11. Jeanne __ (Former Governor General)
12. Frequently
13. Teaspoon-in-cup moves
21. Drum kit part
23. Monster of BC's Lake Okanagan
25. Very little
27. Retro-style pop music syllable
28. Count Basie's "__ _'Clock Jump"
29. Hammer's target
30. 1992 k.d. lang album
32. Rum __ Tugger (Cats character)
35. __ idea (Doesn't realize): 2 wds.
37. Whirring sound
38. "So, are you out __ __ then?"
39. Soaks
41. Taxing letters
43. Zoo creature
46. Scream louder than!: 2 wds.
49. Actor, Antonio __ Jr.
51. "__ de Bergerac" (1990)
52. Guy, Brit-style
53. Chad and Rob
54. Makes equal
56. Finnish smart-phone company
58. Really beat, in sports
60. Some li'l roads
61. Hair removal brand
62. 1958 Leslie Caron title role
63. There's none in a power failure, for short
66. First word in Inferno by Dante

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					6	1	7	
4		3	1			2		
				8				
9							8	2
1	8		5		7		3	4
3	5							6
				3				
		7			1	6		5
	2	1	9					

Friday's Sudoku

7	9	6	3	1	8	2	5	4
2	5	3	7	9	4	8	1	6
1	4	8	6	5	2	9	7	3
9	3	2	5	6	1	7	4	8
6	8	7	2	4	9	1	3	5
5	1	4	8	3	7	6	9	2
8	6	5	9	7	3	4	2	1
4	2	9	1	8	5	3	6	7
3	7	1	4	2	6	5	8	9

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5°/-1°
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Tuesday
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